

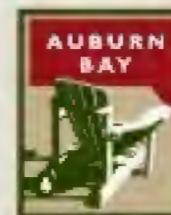
NEW DUPLEX HOMES

Limited Lots Available
Introductory Pricing from the low \$400's

Register Your Interest Today • Call 587.318.4055
or Email Auburn.BayDuplex@MorrisonHomes.ca



STYLISH SINGLE AND
DOUBLE GARAGE HOMES.
CRAFTED BY MORRISON



MORRISON
HOMES
THE HOMEBUYER'S BEST FRIEND™

Calgary metro

Your essential daily news |

WEDNESDAY, MARCH 16, 2016

High 7°C/Low -4°C Partly Cloudy



Family member
a cheapskate?
Advice
from
Ellen in
metroVIEWS



Dr. Talib Muhammed
LOUISE EDWARDSON/METRO

DR. DO-GOOD

Service, rides and support for refugees

metroNEWS

The \$86M question

BUDGET

City explores options for 'unbelievably' good surplus


Brodie Thomas
Metro | Calgary

The City of Calgary has found itself with an extra \$86 million in its coffers — even after Mayor Nenshi's last-minute spending spree with the resiliency fund.

And now there's talk of putting it back in Calgarians pockets.

"We're in unbelievably good financial state," Nenshi said, adding he's not particularly opposed to giving the money back as a one-time rebate.

"I think that council needs to think very carefully — very, very carefully — about whether to do one-time rebates, or invest in our

huge list of unfunded things."

Coun. Ward Sutherland said if the stars align correctly, he believes it's possible to freeze

tax rates where they are for the

next two years, instead of pro-

jected rate increases.

"Some things would have to come in line for that to happen," said Sutherland. "It depends on union negotiations."

Other councillors, like Evan Woolley, think the money could go to a few different groups. He had previously advocated for a small-business tax rebate and he thinks it's not too late to do that.

His wish list would also include a resiliency fund for the arts and culture community — noting many groups have seen ticket sales slump in the downturn.

"I think we need to balance giving a potential rebate back to the citizens with investing in some of the things that make our city great," said Woolley.

WITH FILES FROM HELEN PIKE/METRO

**Looks aren't everything.
So we made it practical, too.**

2016

VENZA
REDWOOD EDITION

toyota.ca




TOYOTA

UNDER THE TOYOTA TOWER

**SOUTH POINTE
TOYOTA SCION**

SOUTHPOINTETOYOTA.COM

LIFETIME POWERTRAIN WARRANTY*

UNLIMITED MILEAGE, UNLIMITED TIME "THERE IS NO COST TO YOU"



FINANCE
Rates Starting
As low as

1.9%*

**FREE
CARPROOF**
*WITH PURCHASE.

2013 TOYOTA
FR-S

\$18,998 OR \$118 B/W**
STK#P501999A

**MANAGER
SPECIALS
PRICED TO
MOVE**

2015 KIA
OPTIMA

\$20,998 OR \$129 B/W**
STK#P500368A

2012 TOYOTA RAV4 SPORT

STK#P50244A

\$20,998 OR \$175 B/W*



2013 TOYOTA HIGHLANDER LMTD

STK#P501157A

\$35,998 OR \$238 B/W**



2011 TOYOTA TUNDRA DCAB TRD

STK#P500930A

\$25,998 OR \$219 B/W*



2014 TOYOTA VENZA LIMITED

STK#P502366A

\$32,998 OR \$217 B/W**



2006 HONDA CIVIC

STK#P502395A

\$7,998



2012 TOYOTA SIENNA LE

STK#P600178A

\$23,998 OR \$199 B/W*



2015 SUBARU WRX STI

STK#P600478

\$46,998 OR \$321 B/W**



2013 TOYOTA RAV4 XLE AWD

STK#P501907A

\$21,998 OR \$139 B/W**



2013 HYUNDAI ELANTRA

STK#P51175C

\$9,998 OR \$65 B/W**



2013 TOYOTA 4RUNNER LMTD

STK#P502209A

\$35,998 OR \$238 B/W**



2015 TOYOTA SCION TC

STK#S60049A

\$21,998 OR \$139 B/W**



2011 SCION XD

STK#P000492

\$10,998 OR \$81 B/W*



2010 TOYOTA TACOMA 4X4 TRD

STK#P501024A

\$22,998 OR \$194 B/W*



2012 TOYOTA RAV4 AWD

STK#P502381A

\$20,998 OR \$175 B/W*



2012 TOYOTA 4RUNNER SR5

STK#P501994

\$28,998 OR \$245 B/W*



2011 TOYOTA RAV4 V6 AWD

STK#P502456A

\$18,998 OR \$156 B/W*



2015 TOYOTA TUNDRA LIMITED

STK#P600124A

\$47,998 OR \$323 B/W*



2013 TOYOTA SIENNA LE

STK#P502362A

\$24,998 OR \$159 B/W*



2013 TOYOTA SIENNA LE

STK#P502382A

\$24,998 OR \$159 B/W*



2010 BMW 7-SERIES AWD

STK#P5M0980A

\$33,998 OR \$297 B/W*



2010 MAZDA MAZDA3

STK#P600202A

\$9,998 OR \$79 B/W*



SOUTHPOINTETOYOTA.COM

**SOUTH POINTE
TOYOTA SCION**



403.567.8888

11500 - 35 St. SE
BARLOW TR. & DEERFOOT TR. SE



ALL FINANCING IS O.A.C BASED ON BANK FINANCING FOR **24 MONTH OR *60 MONTH TERMS WITH \$3000 DOWN AT 5.99%. PRICES INCLUDE TAXES AND FEES PLUS GST ONLY. EXAMPLE: COST OF CREDIT DISCLOSURE, STOCK #P500368A TOTAL COST INCLUDING COST OF BORROWING IS \$26478 POWER TRAIN WARRANTY ONLY AT SOUTHPOINTE TOYOTA, 50% ON LABOUR AND PARTS. CERTAIN CONDITIONS APPLY SEE DEALER FOR COMPLETE DETAILS.



BUDGET

Premier Notley hints at small-business tax cut
Premier Rachel Notley is signalling that a tax break for small business owners may be coming in the budget.

Notley made the comment Tuesday when asked by reporters about a proposal by the opposition Wildrose party to lower the small business tax from three per cent to two per cent to help out an economy reeling from the plunge in oil prices.

The premier declined to rule out a tax cut.

"On the issue of the small business tax, I would suggest that we simply all stay tuned for the budget."

The 2016-17 budget will be presented by Finance Minister Joe Ceci on April 14.

Ceci and Notley have already said it will have new measures to create jobs and diversify the economy, which has seen more than 80,000 job losses due to the collapse in oil prices.

Ceci has already said the budget is expected to include a \$10.4-billion deficit.

The province has already announced close to \$2 billion in loan and investment incentives to help new ventures take off and small and medium-sized businesses grow and diversify.

THE CANADIAN PRESS

Bow River gas line leak no threat: Acto

ENERGY

Faulty feed discovered in March during inspection



Lucie Edwardson
Metro | Calgary

A natural gas line is leaking into the Bow — but Atco said there is currently no harm to the public.

The line, which runs under the Bow River, supplies the Calgary Zoo with its natural gas.

Mike Shaw, vice-president of Atco's Calgary division said the leak was discovered during routine inspections on March 11.

"During the inspection our crews identified this small leak and since that time we've been working to isolate the leak and insure we can maintain gas service to the Calgary Zoo," he said.

Atco spokeswoman Jennifer Sheehan said the leak is "minor" and a secondary feed has been supplying natural gas to the zoo so they don't experience any interruption in service. She said the appropriate authorities, including Alberta Environment have been notified."

Shaw said the leak poses no potential health or safety hazards to the public.

"The leak itself is a minor



The location of the leak. Atco says the line runs below the Bow and will be permanently abandoned. CONTRIBUTED

leak on a natural gas line," he said. "As a result, there are no significant environmental impacts. The leak is safely bubbling up in small little bubbles into the atmosphere and venting safely, so there is no risk to the public or the environment as a result."

Shaw said Atco plans on abandoning the line permanently.

"Going into the river where the line is located and pulling

There are no significant environmental impacts.

Mike Shaw

that up would cause a greater environmental impact — we'll be working with the authorities and the Calgary Zoo to install a new feed to the Calgary Zoo in the coming months."

In a video provided to Metro, viewable at metronews.ca/calgary, the river can be seen bubbling in the area where the leak is. Jump to the 0:54 mark for best footage.

EDUCATION

Gender guidelines submitted



Aaron Chatha
Metro | Calgary

The Calgary Board of Education Trustee Board has passed a first reading of their Bill 10 and gender guidelines-related policy, with plans to squeak their submission in to Alberta Education just under the March 31 deadline.

When Education Minister David Eggen released the gender identity and expression guidelines in January, a CBE representative told Metro they were aiming to release their policy in February.

At the Tuesday trustee board meeting, Chief Superintendent David Stevenson said the board now plans to submit the policy just before the deadline, and will not be sharing policy documents with the public until the government has approved them.

Trustee board chair Joy Bowen-Eyre said part of the reason the policy wasn't finalized by February is because of the work and multiple steps going into creating the policy and regulations.

"One of them is a student code of conduct," said Bowen-Eyre. "Right now we have 228 schools, each with their own code of conduct."

She said meeting government requirements means creating a system-wide code of conduct.

"We have to ensure the student code of conduct meets all our needs, from kindergarten all the way through Grade 12," she said. "So, that's a pretty big undertaking."



Spring Sale Event

UP TO **50% OFF**
PRESCRIPTION EYEWEAR & SUNGLASSES
Sunridge Mall 403.457.7000
Market Mall 403.457.7001
EMAIL EYEWEAR@OPTIKO.CA
Opticians/Optometrists In Sunridge & Market Mall.



Optometrist Now Accepting New Patients
Walk-Ins Welcome
Direct Billing to most Insurance Providers
On site Lens Lab



Transitions



Flames fan nets SUV

METRO MINUTE

Contested goal puts would-be winner on the edge of his seat

Brodie Thomas
Metro | Calgary

They're two of the most dreaded words for any hockey fan: contested goal.

But while most Flames fans were simply worried about the score of the game on Monday night, Jonathan Strickland had a much more nerve-wracking wait.

Step back to earlier in the week. Strickland, a Calgary IT worker, had been gifted tickets to Monday's Flames game.

There he was randomly selected to take part in the Metro Minute, a one-minute window in the game when — if the Flames score — a fan wins a new vehicle courtesy of Wood Auto Group.

Strickland knew it was a

“It felt like forever.”
Jonathan Strickland

long shot, so he was surprised when Mark Giordano scored on a power play at the 11:03 mark of the second period.

“At first it was just complete shock. And then the next thing I know, the media person from the Flames was like, ‘The goal is being contested.’”

Strickland asked if he would still win the vehicle — a 2016 Ford Escape. They explained he would only get it if the goal was good.

“It felt like forever; it couldn’t have been more than a couple of minutes.”

Finally, the goal was ruled good, and Strickland could relax and celebrate. He was invited to meet Giordano and receive a signed jersey after the game.

Strickland said his current vehicle — a 2003 Ford F150 — is showing its age, so he’s happy to get a new SUV.



Jonathan Strickland won a 2016 Ford Escape during the Metro Minute at the Calgary Flames game on Monday night. Mark Giordano, right, scored a goal during the one-minute window, winning Strickland the new SUV. CONTRIBUTED

Sun is fun. Heat is sweet. Deals are too.

Book your Caribbean getaway today with WestJet Vacations.

From Calgary to Varadero, Cuba

\$949*

Plus \$122 taxes & fees

Bellevue Puntarena Beach
Fun 4 Life ★★★ (All-inclusive)
Round-trip air + 7 nights
Travel April 16, 2016

Book today at westjetvacations.com
or call your travel agent.

WESTJET 
vacations

*Book by March 23, 2016. Round-trip from Calgary. Advertised fares based on non-stop flights. Other departure cities and dates available, and prices may be higher. Limited quantities available. Taxes and fees not included. Advertised taxes and fees for Caribbean destinations can fluctuate based on exchange rate. Price is per guest, based on double occupancy unless otherwise specified. Transfers included. Price is accurate at time of printing deadline. Non-refundable. Advance booking required. New bookings only. Visit westjetvacations.com for details.



Get expert advice today.
Visit a Bell store near you.

AIRBIE
Sierra Springs
CALGARY
1002 - 12th Ave. S.W.
4600 - 130 Ave. S.E.
19488 80th Crescent S.E.
Beacon Hill Centre
Chinook Centre
Crowfoot Crossing
Dundonald Meadows
Harvest Hills Crossing
Market Mall
Markham Mall
Ninth Hill Shopping Centre
Northland Village
Saddlewood Circle
Shawnessy Village
Southgate Mall
Sumridge Mall
The Corral
Westbrook Mall

CANMORE
105 - 602 Bow Valley Trail

EDMONTON
1750 - 100th Ave. N.W.
Aldersfield Shopping Mall
Bonnie Doon Shopping Centre
Christy's Corner
Currents of Windermere
Edmonton City Centre
Kingaway Mall
Londonderry Mall
Mayokumar Retail Centre
Mill Woods Town Centre
Nanaimo Centre South
Northgate Centre
Oliver Square
Riverview Meadows
SmartCentres Edmonton West
South Edmonton Common
South Park Centre
Southgate Mall
Terra Loka Shopping Centre
West Edmonton Mall
Westmount Centre

FORT MCMURRAY
Clearwater Landing
Peter Pan Shopping Centre
Signy Creek Village

GRANDE PRAIRIE
Prairie Mall
South 40 Shopping Centre

LETHBRIDGE
Lethbridge SmartCentres
Park Place

LLOYDMINSTER
loyd Mall

MEDICINE HAT
Medicine Hat Mall

PEACE RIVER
10032 - 100th St.

RED DEER
Bauer Place
ParcPlace
Southgate Common

ROCKYVIEW
Crescent Mills Mall

SHERWOOD PARK
Emerald Hills Centre
Sherwood Park Mall

SPRUCE GROVE
Creekside Centre

ST-ALBERT
460-140 St-Albert Rd.
St. Albert Centre

Also available at:



Enjoy iPhone 6 on one of the best networks in the world.



iPhone 6

Introducing Roam Better™ from Bell. Use your iPhone in over 100 destinations around the world and get unlimited talk & text plus 100 MB of data in the U.S. for just \$5/day or \$10/day in international destinations.²

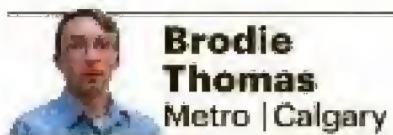
Visit a Bell store • 1 888 4-MOBILE • bell.ca

Bell being with
Bell just
got better

Offer ends March 23, 2016. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. One-time connection charge (\$15) applies. 9-1-1 government monthly fee in NL: \$0.75, NS: \$0.43, PEI: \$0.70, NB: \$0.53, AB: \$0.44, SK: \$0.62, QC: \$0.40. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice, not combinable with other offers. Taxes extra. Other conditions apply. (1) With new activation or hardware upgrade with an account in good standing and a Plus plan before taxes. In AB, BC, NB, NL, NT, NS, NU, ON, PE, YT: \$95/mo. (\$60/mo. plan + \$35/mo. for 2.5 GB data). In SK: \$80/mo. (\$55/mo. plan + \$25/mo. for 4 GB data). In MB: \$65/mo. (\$45/mo. plan + \$20/mo. for 0 GB data); in QC: \$75/mo. (\$55/mo. plan + \$20/mo. for 4 GB data). Promotional pricing may apply; visit bell.ca/rateplans for details. The bill credit will be applied on the second or third invoice, before taxes. You must keep a min. 2.5 GB data plan during the 2-yr term, otherwise the \$100 bill credit will not be applied. Your account must be in good standing in order to receive the bill credit. (2) Roam Better is a pay-as-you-go Feature and add-on to a Bell unlimited Share plan, within certain Bell's US/International roaming partners' coverage areas. Subject to change without notice, including coverage, rates and usage allowances. One-time opt-in required for the Feature and once you opt-in required, a daily fee will be automatically applied for each calendar day you call, text or use data while roaming in a Roam Better destination. Premium texts (see bell.ca/premiumSMS) are not included and subject to additional charges. Calendar-day fee charging the daily fee is 00:00 to 23:59 Eastern Time (ET), regardless of time zone where you roam. Feature not compatible with Travel Pass. Other conditions apply; see bell.ca/roambetter. US Roam: For additional data you may top up for another 100 MB of data for \$5/day. Unlimited voice includes calls within the US and to Canada. Calls to all other countries are subject to international call charges. Unlimited texts include incoming and outgoing texts to US and Canadian mobile numbers. Texts sent to international mobile numbers are extra. International Roam in eligible destinations: For additional data, you may top up for another 100 MB of data for \$10/day. Unlimited voice includes calls within the destination country and to Canada. Additional charges apply in excluded destinations. Unlimited texts include incoming and outgoing texts to international destinations. Apple and iPhone are trademarks of Apple Inc.

COURT BATTLE

Nenshi speaks on payback of legal fees



**Brodie
Thomas**
Metro | Calgary

Mayor Naheed Nenshi said he's committed to paying the city back more than \$100,000 in legal fees.

On Monday, Councillors passed a motion that required Nenshi to reimburse the city for legal fees in his court battle with Calgary developer Cal Wenzel.

The motion also gives the city solicitor the power to choose which city employees and councillors get legal assistance. Previously, that decision was council's.

Nenshi said the motion may need some fine-tuning, as there are no rules around the specifics of fundraising.

He said the danger is that one person could pay the entire bill, and feel they are owed a favour.

"I don't think that happens

“My goal is to make sure every penny is paid back to the city.”

— Mayor Naheed Nenshi

in the real world very often," he said.

The mayor said he is not bothered that the new rules force him to pay the money back, but

makes paying legal fees back optional for anyone else in a similar circumstance.

"I'm a bit moved by Coun. Pincott's argument that that seems a bit arbitrary and weirdly unfair, but I was going to do it anyway so I'm not fussy about it. My goal is to make sure every penny is paid back to the city," he said.

He said he refused all previous offers of financial help because the rules were unclear.



The NDP candidate in Calgary-Greenway is accusing Wildrose candidate **Devinder Toor** of hiring employees at below minimum wage. CONTRIBUTED

Sip, swirl and sample over **400 premium beers, exquisite spirits and wines** from around the world.

March 18th-19th
5pm to 9pm
BMO Centre

Tickets **STILL** available at all Co-op Wine Spirits Beer locations.

the Grape Escape
Wine, Spirits & Beer Festival

CO-OP
WINE SPIRITS BEER

Store's alleged wage blunder under contest

CALGARY GREENWAY

Job ad was scraped from older version: Wildrose Party



**Jeremy
Simes**
For Metro | Calgary

It just keeps getting messier. On Tuesday, Calgary Greenway NDP candidate Roop Rai leaked a screengrab of an alleged Payless Liquor Store job advertisement that pays employees a minimum of \$10 per hour, which is below the legal minimum of \$11.20.

The catch? Calgary Greenway Wildrose candidate Devinder Toor owns the Payless Liquor Store chain.

Rai said the advertisement — which was posted on Feb. 21, 2016 — is troubling.

"These postings suggest that his liquor stores take advantage of their employees by paying an illegal wage," she said in a prepared statement. "It is inappropriate for him to be taking advantage of people

\$10

The amount a Payless Liquor Store job advertisement claimed to pay employees per hour — \$1.20 below the legal minimum wage.

The company's latest violation found staff were selling "not for sale" items for cash. The company must pay \$1,000 by Wednesday, or lose its licence.

Nixon declined to comment on Pay Less Liquor's AGLC violations.

“It is inappropriate for him to be taking advantage of people in difficult economic times.”

NDP candidate Roop Rai of Devinder Toor

in difficult economic times."

Jeremy Nixon, president of the Wildrose Party, said Toor didn't post the advertisement.

He said the ad appears to have been scraped from jobbank.gc.ca, which is the only website Toor posts job ads to.

"It looks like the text came from an ad from May 13, 2014 ... at the time the minimum wage was \$9 per hour," he said. "It's difficult for me to speculate on why somebody would do this. If this is part of the their political strategy ... I don't know."

Toor's Payless Liquor Store has also been embroiled in numerous Alberta Gaming and Liquor Commission (AGLC) violations, which include allowing minors into a store, warnings about not ID'ing properly and warnings about staff not having ProServe certification.

The company's latest violation found staff were selling "not for sale" items for cash. The company must pay \$1,000 by Wednesday, or lose its licence.

Nixon declined to comment on Pay Less Liquor's AGLC violations.

**GET THE ESCAPE YOU WANT,
WITH ALL THE
FEATURES YOU NEED.**

- 1.6L EcoBoost® Engine
 - 178 Horsepower
 - Air Conditioning
 - Keyless Entry
 - Roof-Rack Side Rails
 - Rear View Camera
 - 17" Aluminum Wheels
 - SYNC® 3 Enhanced Voice Recognition^

LEASE THE 2016 **ESCAPE SE 4WD**

\$145[†] **EVERY 2 WEEKS** | **0.99%** **APR** | **60** **MONTHS** | **\$1,495** **DOWN**
DIR EQUIVALENT TRADE | OR **\$30,782*** **CASH PURCHASE**

OFFERS INCLUDE \$500 MANUFACTURER'S REBATE AND \$1,790 IN FREIGHT AND AIR TAX

**ELIGIBLE COSTCO MEMBERS
RECEIVE AN ADDITIONAL \$1,000[†] TOWARDS NEW
2016 ESCAPE**



IT'S EASY TO GET INTO A FORD

Shop now at findyourford.ca or drop by your Alberta Ford Store.

Go Further





Coach Nate McKibbon, with team captain Angela Driscoll. HELEN PIKE/METRO

Cougar women are showing heart

POLAR TEAM PRO SYSTEM

Crowdfunding for physical monitors

**Helen
Pike**
Metro | Calgary

\$10,000

Amount the Cougar Athletics basketball women's team wants to raise through crowdfunding for the Polar Team Pro System.

Mount Royal University is leaping into its first crowdfunding initiative, and by all accounts, the project is poised to be a slam-dunk.

The Cougar Athletics women's basketball team is raising money so it can jump into the 21st century with what's called the Polar Team Pro System. The team needs \$10,000 — and is going to get it through a crowdfunding platform called USEED.

Nate McKibbon, head coach of the women's basketball team, is new in his position. Coming in fresh, he wanted to work with the team on evaluating the program.

"One of the areas we felt we

needed to do a better job of was understanding how some of our training loads affect our athletes," McKibbon said. "For us, the overall thing is improving on overall health. I think a healthier athlete will perform better in the classroom, they'll have more time and energy to give back to the community ... I think it will improve their day-to-day lives."

The souped-up heart-rate monitors, which are used by three NBA teams and other pro sports groups, will track stats on athletes' performance and how much recovery time is required to set them up for success. This all gets delivered in real time.

The crowdfunding approach is helping the team play at a whole different level. Angela Driscoll, captain of the Cougars' women's basketball team, said the tried-and-true approach of getting regular funding from family members sometimes has teammates shaking the same bushes every year. But this new method is allowing them to tap a whole new audience.

"It's definitely more personal," Driscoll said. The team tries to thank all donors within 24 hours, and they give live updates.

"It's a great way to get more people involved and really put our school out there."

Though it's not going to replace any of the school's more traditional fundraising methods, Buffy St-Amand, manager of Alumni Relations and Annual Giving, suggests it's a winning model.

So far the team has raised over 53 per cent of its goal. It will play a charity game against some of the Calgary Stampeders Wednesday morning.

WILL THE DRAGONS BREATHE FIRE INTO PRODUCTS THAT ARE IN STORES NOW?



SHOP THE DEN SPECIAL

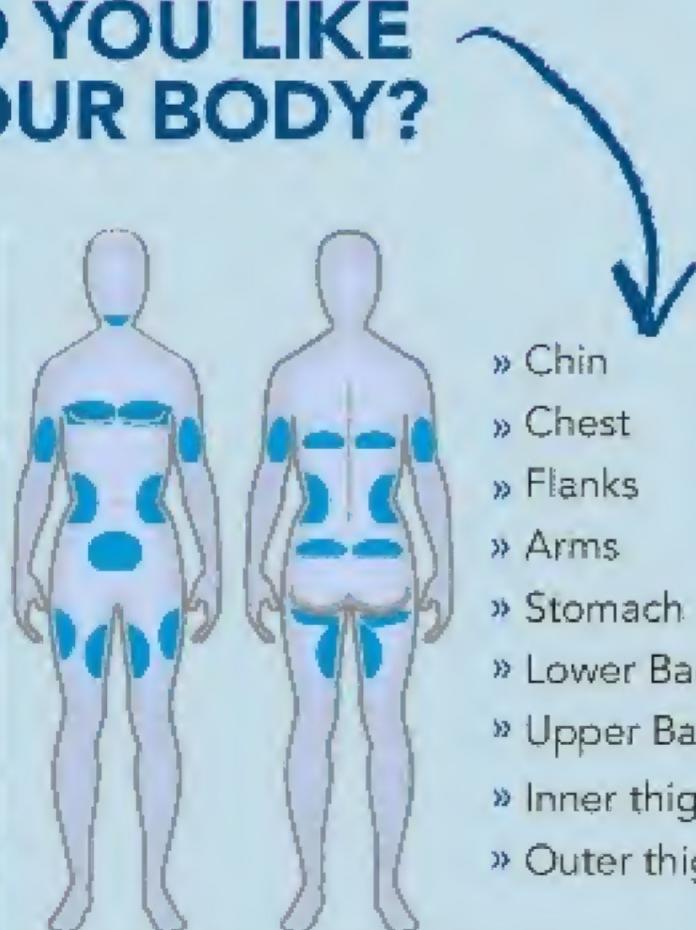
Presented by



TONIGHT 8


coolsculpting™


WHERE WOULD YOU LIKE TO CHANGE YOUR BODY?



- » Chin
- » Chest
- » Flanks
- » Arms
- » Stomach
- » Lower Back
- » Upper Back
- » Inner thighs
- » Outer thighs

RIGHT NOW YOU CAN SAVE:

- 10% OFF Skinny Jeans Package
- 15% OFF New You Package
- 20% OFF Transform Yourself Package

FEAR NO MIRROR!

Summer is quickly approaching! It's the season of weddings, vacations and reunions, all those oh-so-special gatherings! When that warm weather arrives will lumps and bumps be affecting your wardrobe choices?

If you have a stubborn pocket of fat that just won't budge no matter what you do, CoolSculpting™ can get rid of it... for good!

CoolSculpting™ is clinically proven to freeze away fat!

Developed by Harvard scientists, research has shown that when fat cells are frozen they crystallize and die, and that's how CoolSculpting works. It is the most popular and effective body contouring device in the world because it works!

Muffin Tops, Love Handles, Saddlebags be gone!

CoolSculpting™ is most often used to target fat on the abdomen, the outer thighs, and the flanks. Other areas that are commonly treated include back fat, manboobs, inner thighs, arms and double chins. A CoolSculpting™ treatment begins with an assessment. The treatment plan is mapped out to determine how many areas need to be treated to achieve the desired result. Six handpieces of various sizes accommodate different shapes, sizes and areas of the body.

During a treatment a thin protective pad saturated with coupling gel is placed on the treatment area to protect the skin from frostbite. Then the appropriate applicator is applied and you simply relax comfortably.

for an hour or two while the fat freezes. Application of any of the handpieces is known as a cycle and we can perform two cycles at the same time with two machines. Skinpossible is, in fact, the only clinic in Alberta to offer DualSculpting™ which allows us to reduce the time you will have to spend on the treatment table.

There are other body contouring treatments available, so why choose CoolSculpting™? Because not all treatments work equally well. If there was better technology available we would buy it. Instead, we just bought a third CoolSculpting™ unit. Skinpossible is the only Premier CoolSculpting™ clinic in Alberta. All of our technicians have been to CoolSculpting™ University and we have now performed more than 3,000 treatments.

A CoolSculpting™ treatment to transformation plan achieves results that are comparable to liposuction, but without the risks or downtime of surgery. It does require a bit of advance planning, however, because it takes time for the benefits to materialize. After the treatment the crystallized fat cells clear gradually through the body's natural physiological processes. Most people start noticing a difference at about the four week mark. Most of the fat will clear within eight weeks. Results continue to improve for up to four months.

This summer, wouldn't it be nice to arrive wearing what you want instead of what will hide the bulges? If you would like to know more about CoolSculpting™, call and book an assessment. Assessments are free! Our Chaparral Valley location is easy to get to and parking is free. Evening and Saturday appointments are available.

**Book a free consultation
403.719.6523**



WE CATER TO BOTH MEN AND WOMEN!

We do lots of other
COOL STUFF too!

www.skinpossible.ca

Chaparral Valley Professional Centre 1800 - 194th Ave SE

Wildrose Party lays out economic plan

POLITICS

No mention of diversification, NDP minister Bilous notes

Jeremy Simes
For Metro | Calgary

Trevor Tombe thinks there could be better ways to boost the economy than just a straight-up small-business tax cut.

On Tuesday, the Wildrose outlined its economic plan to get Albertans back to work.

Highlights include reducing small businesses taxes by one per cent; and slashing the NDP's carbon tax plan until an economic impact analysis is conducted.

But Tombe, assistant professor of economics at the Uni-



Wildrose leader Brian Jean presented a plan his party contends will get Albertans back to work. METRO FILE

versity of Calgary, said cutting small business taxes may not be the best option.

Tombe said cuts would help entrepreneurs start small businesses, but would be a disincentive for established businesses to grow.

The Wildrose disagrees —

the party's jobs critic Grant Hunter has said it would allow businesses to hire more people.

Tombe said an option to likely promote small business growth could let businesses expense a certain amount of capital up to some limit, referencing the work of economists

Jack Mintz and Kevin Milligan.

Economic Development and Trade Minister Deron Bilous said the Wildrose's plan doesn't mention economic diversification, which is troubling given the province's reliance on oil.

As for the Wildrose's proposal to slash the carbon tax, Tombe said there has already been decades of research on the topic, noting carbon tax is a well-established method of reducing emissions.

Bilous said a carbon tax review isn't needed, adding European Union leaders are interested in investing in Alberta due to the government's green initiatives.

In its report, the Wildrose said the carbon tax will hurt families already impacted by the economic downturn, calling the program a "tax grab."

Bilous said the government will detail its economic stimulus plans when it announces its budget on April 14.

DEBATE

MLA apologizes for rude gesture

Calgary-Hawkwood NDP MLA Michael Connolly was forced to apologize for an inappropriate gesture he made to the Wildrose opposition last week during debates.

On Tuesday, Connolly acknowledged he had done wrong before MLAs began their business in the house.

"I want to make it clear to this chamber that on Thursday I made an inappropriate gesture to the members opposite, which I regret and for which I apologize.

"My actions were not befitting of this chamber and the dignity herein," Connolly read from a prepared statement.

During last Thursday's debate, Wildrose MLA David Hanson objected after he said Connolly "flipped the bird" toward

Opposition benches.

Connolly initially denied he raised his middle finger toward his political opponents.

"I would just like to clarify that I did not flip the other side off. I made a gesture such as this because I was angry," he said last week.

But on Tuesday, he said last week's apology didn't fit the bill.

"When this matter was raised at the time, I sought to minimize the matter instead

of taking full responsibility," Connolly said.

"To be clear, my actions were not acceptable and my apology and explanation were not good enough."

Wildrose house leader Nathan Copper said he was satisfied with the apology.

JEREMY SIMES/FOR METRO

THE FINGER

■ The notion of "the finger" as an obscene gesture dates back to ancient Greece.

■ Former Premier Ralph Klein was once famously photographed giving the finger (in return) to an environmental protester.

of taking full responsibility," Connolly said.

"To be clear, my actions were not acceptable and my apology and explanation were not good enough."

Wildrose house leader Nathan Copper said he was satisfied with the apology.

JEREMY SIMES/FOR METRO



SUPER LAUNCH EVENT

THE COMPETITION IS IN SUPER TROUBLE NOW



THE ALL-NEW 2017 ELANTRA GL AUTO

- SUPERSTRUCTURE™
- STANDARD HEATED FRONT SEATS
- HEATED LEATHER STEERING WHEEL
- BLIND SPOT DETECTION WITH REAR CROSS-TRAFFIC ALERT

LEASE FOR ONLY \$117 BIWEEKLY
THAT'S LIKE PAYING
\$59 / 2.99%
WEEKLY AT
FOR 60 MONTHS
WITH \$0 DOWN*

#SUPERSEARCH IS ON.
To get involved, sign up at hyundaisupersearch.com*

THE ALL-NEW 2016 TUCSON 2.0L FWD



WHEN EQUIPPED WITH AVAILABLE AUTONOMOUS EMERGENCY BRAKING (AEB). For more information, visit www.iihs.org.

- 5" DISPLAY AUDIO WITH REARVIEW CAMERA
- PROJECTION HEADLIGHTS WITH LED ACCENTS
- AUTOMATIC HEADLIGHTS WITH LED DAYTIME RUNNING LIGHTS
- FRONT 3-STAGE HEATED SEATS



Ultimate model shown.*

GREAT OFFERS ON REMAINING 2016 MODELS



Help us find our SUPERSTRUCTURE™
for the chance to win a \$20,000 reward!

2016 SANTA FE SPORT



AMERICAN SOCIETY OF SAFETY ENGINEERS
SAFETY MILESTONE
U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION
SAFETY RATING



Limited model shown.*

- HEATED FRONT SEATS
- BLUETOOTH® HANDS-FREE PHONE SYSTEM
- FOG LIGHTS
- 17" ALUMINUM ALLOY WHEELS

CLEAROUT OFFERS

GET UP TO
\$4,000
IN CASH PRICE ADJUSTMENTS*

visit HyundaiCanada.com

5-year/100,000 km Comprehensive Limited Warranty*

5-year/100,000 km Powertrain Warranty

5 YEAR WARRANTY

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance

SPACE PROVIDED BY metro



PRESENTS

JUNO CUP JAM

JAM OUT

THURSDAY, MARCH, 31 · 8:00PM
FLAMES CENTRAL · 219 8TH AVE SW

GORD BAMFORD // BRETT KISSEL
SHAWN HOOK // WHITEHORSE
CHAD BROWNLEE // RICH AUCOIN
BEARD GUY (WALK OFF THE EARTH)
MATT MASTERS // DEVIN CUDDY
FORTUNATE ONES // EAGLE & HAWK
DEL BARBER // SCOTT HENDERSON (SOULS IN RHYTHM)
PAUL AUCOIN // KEVIN PARENT
JONATHAN ROY // COSMO FERRARO



TICKET PACKAGES AVAILABLE FOR JUNO CUP JAM & JUNO CUP FOR \$40 PLUS TAX & SERVICE FEES

\$25 ticketmaster®

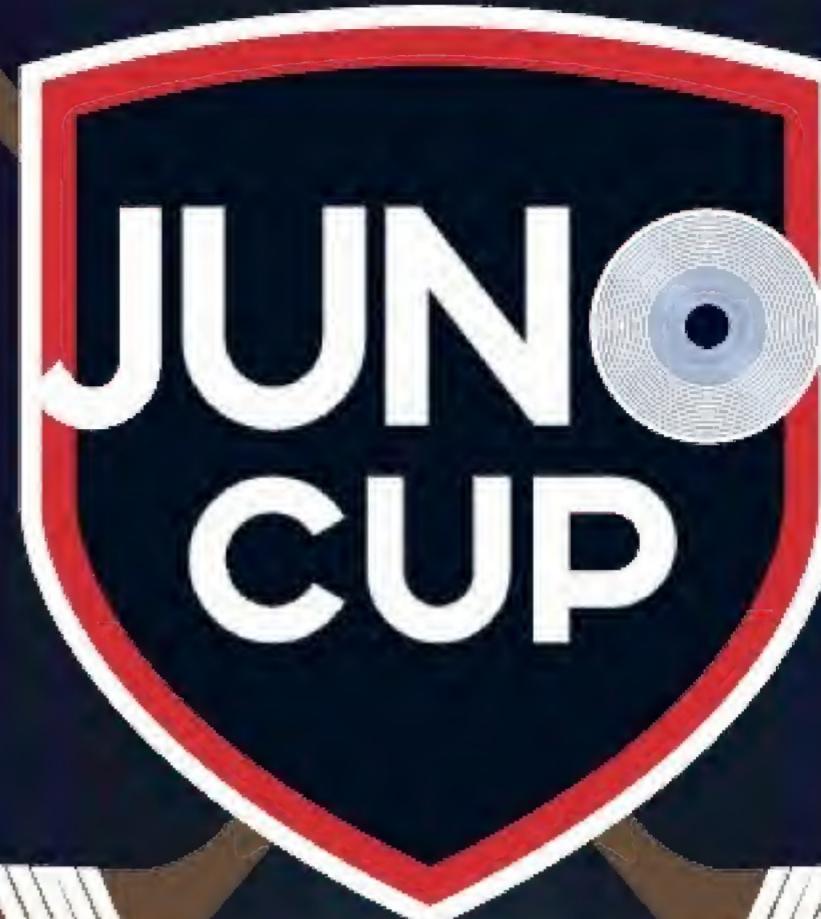
PLUS TAX & SERVICE FEES

PROMOTIONAL PARTNERS:



THIS IS AN 18+ EVENT
JUNOAWARDS.CA
#JUNOS

IN SUPPORT OF
musiccounts.



ROCK VS JOCK

FRIDAY, APRIL 1 · 7:30PM
MAX BELL ARENA · 1001 BARLOW TRAIL SE

THE ROCKERS

FEATURING MEMBERS OF BLUE RODEO, THE TENORS,
WHITEHORSE + GORD BAMFORD, GEORGE
CANYON, CHAD BROWNLEE, SHAWN
HOOK AND MORE

VS.

NHL GREATS

MARK NAPIER, TROY CROWDER, CURTIS
GLENROSS, JAMIE MACOUN, PERRY
BEREZAN, JESSE LUMSDEN, JIM PEPLINSKI,
BRAD DALGARNO, RON SUTTER AND MORE

WITH COACHES
BRETT KISSEL &
FRASER WALTERS
(THE TENORS)

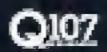
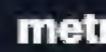
ON SALE NOW!

TICKET PACKAGES AVAILABLE FOR JUNO CUP JAM & JUNO CUP FOR \$40 PLUS TAX & SERVICE FEES

\$20 ticketmaster®

PLUS FEES

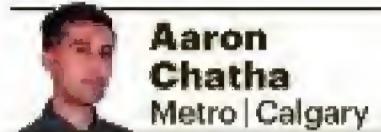
JUNOAWARDS.CA
#JUNOS



Coming Out on stage

FREEDOM OF SPEECH

**Regular
Calgarians
share personal
experiences**



**Aaron
Chatha**
Metro | Calgary

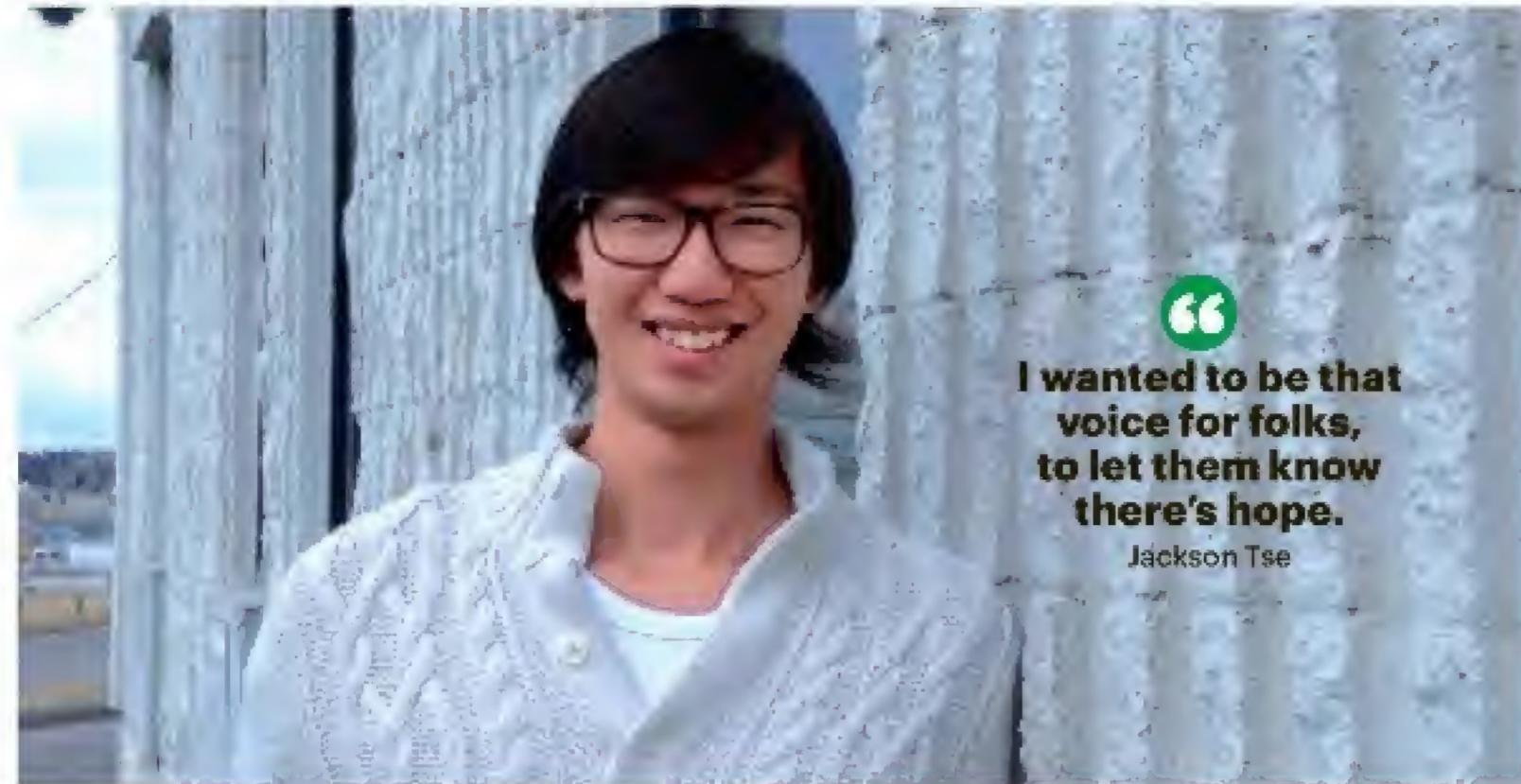
When Jackson Tse immigrated to Calgary as a young boy, he was picked on for the food he ate, the language he spoke and the way he looked.

Tse said he wouldn't feel that ostracized again, until he came out.

"I no longer could feel safe at my church, when I had to choose between my faith and my sexual identity and orientation," he said.

Tse will be telling his story this week as part of the Coming Out Monologues YYC.

He was inspired by watching a coming-out monologue last year, which was done by a woman he felt represented his own demographic: Chinese and of faith.



I wanted to be that voice for folks, to let them know there's hope.

Jackson Tse

Jackson Tse will be performing at the Coming Out Monologues, talking about choosing between his faith and sexual orientation.
AARON CHATHA/METRO

IN BRIEF

Man dies in rollover crash in Okotoks

A 33-year-old Okotoks man has died after a rollover crash south of Calgary Monday evening. Okotoks RCMP were called out to 274 Avenue and 112 Street in the M.D. of Foothills at 6:30 p.m. Monday. A black GMC Yukon had rolled and landed on its roof. The lone occupant, Stephen Hofmann, 33, of Okotoks was taken by STARS air ambulance to hospital in serious condition, but died of his injuries. METRO

Charges laid in seniors' home break and enter

A 90-year-old woman was left shaken after coming face to face with a thief at her seniors complex.

Calgary Police Services have charged the man in connection with the break-in Monday.

Donald Murray Boychuk, 44, of no fixed address, has been charged with three counts of break and enter to commit an offence and failing to comply with a probation order. He will next appear in court on March 16. METRO

"Particularly for me and my culture, and my faith background, it's more difficult to come out," he said. "I wanted to be that voice for folks, to let them know there's hope. That I've come out also and although it was hard, I've come out to become a more open and honest person with the people

around me, and myself."

Alex Naylor, outreach coordinator with the monologues, said they act as a resilience-building exercise for the LGBTQ community.

"Very few of our participants have any theatre experience," she said. "It's a process of self discovery. You get to

develop and dig deeper into this coming-out story over a few months. It's a process of self discovery in that way."

Naylor said a wide range of Calgarians sign up to share their stories. They usually come in with a rough sketch of what their story is, and organizers work with them to flesh it out

and package it for a performance.

This year 19 performers will share their stories at the John Dutton Theatre from March 16 to 18, with different performers each night. Tse will be performing on Friday.

For more information visit www.comingoutyc.com.

TONIGHT

X COMPANY

ALL-NEW EPISODE at 9

THEIR NEXT MISSION IS TO STAY ALIVE.

CBC

STARS lotto still hopes to sell out

PUBLIC SUPPORT

Economic downturn has affected the charity

Jeremy Simes
For Metro | Calgary

STARS Alberta Lottery is making one last push to sell out of lottery tickets, as the charity faces the prospect of not selling out for the first time in more than 20 years.

Jeff Quick, chief financial officer and executive vice-president of the STARS Foundation, said the charity has sold 97 per cent of its lottery tickets, adding the current economic downturn has taken a toll on the organization.

He said demand for the smaller ticket packages is strong, so the charity has re-configured the larger bundles to be more affordable and attractive.

"We were selling out early of



Proceeds from the STARS lottery pay for the air ambulance service in Alberta. METRO FILE

our \$25 and \$60 packages, so we thought we could sell out this year by changing some of our higher ticket packages to the smaller ones," he said.

Quick said there's a greater need for public support — STARS has seen a decline in individual, corporate and event fundraising in recent months.

"It's unusual for us to do this, but these are unusual times for everyone," he said.

STARS relies heavily on public support to stay in the air — one-third of its operating budget is

funded by lottery revenue.

Last year, the organization netted more than \$11 million, which is the average cost of running one of its bases.

Quick said if STARS doesn't sell out the lottery, it will still turn a profit, noting the organization will have to find ways to make up the difference.

This year's prizes include four custom-built homes, cash, vehicles and vacations, among others.

For tickets and more information, go to starslotteryalberta.ca.

NE RENTALS



**CALL NOW
AND ASK ABOUT OUR
RENTAL INCENTIVES**

- AVAILABLE FOR A
LIMITED TIME ONLY!

*Available
Immediately!*

**1 & 2 BEDROOM UNITS
TEMPLE GREEN, NE**

For more information about
our rental incentive and to
book a convenient
appointment to view.

Located on Temple Green Drive in the quiet Temple district of northeast Calgary, Temple Green is less than 10 minutes from the Calgary International Airport and within convenient driving distance of the downtown area.

Neighborhood amenities include parks and community recreation facilities. The Marlborough Mall and the Sunridge Mall are located nearby.

Features: Wall-to-wall carpet and window coverings. Ceiling fans, air conditioners in some suites, some upper floor suites feature spacious rooftop decks. In-suite washer and dryer hook-up, In-suite storage, Intercom security system, Underground heated & surface parking available, On-site management & maintenance staff.

**CALL US TODAY
403.280.4718** OR EMAIL US AT
templegreen@scpl.com

University of
Lethbridge



MANAGEMENT INFORMATION EVENING

**March 22, 2016
6 to 8 p.m.**

uLethbridge Calgary Campus

Bow Valley College, North Tower, N231
332-6 Avenue SE



As a student in the University of Lethbridge Faculty of Management, you'll graduate with a competitive edge for a lifetime of success in an ever-changing job market.

Join us at our Faculty of Management Info Evening and:

Meet current Management faculty, staff and students

Enter a draw for a \$1,500 tuition credit

Find answers to your questions

Explore our extraordinary programs, opportunities, facilities and support

- Professional Development Program
- Integrated Management Experience
- Co-operative education
- International exchanges
- Unique management scholarships

LEARN MORE AND REGISTER:

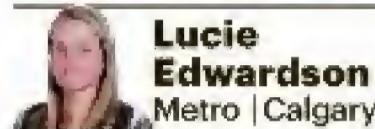
ulethbridge.ca/future-student/management-info
Campuses in Lethbridge & Calgary

It's your time to Shine.

Doc's empathy helps refugees

SETTLEMENT

An immigrant himself, physician shares stories



**Lucie
Edwardson**
Metro | Calgary

Dr. Talib Muhammed said when he came to Canada, he didn't have \$5 to get a haircut.

Now the owner of International Avenue Medical Centre, Muhammed is using his personal experience to help Calgary's newcomers get medical care, and to inspire them to find hope in their circumstances.

"One of the refugees asked me, 'How can I go back to Syria?' He said he felt hopeless," said Muhammed. "And I reassured him. I said, 'Just wait, you will have all of the support you need and things will get better.'"

Sam Nammoura, co-founder of the Syrian Refugee Support Group (SRSG) said what

Muhammed has done is unique.

"He uses his own story to inspire them," he said. "He understands what they're going through and is using his story to give them hope."

Muhammed immigrated to Canada from Iraq in the early 1990s as a qualified doctor and spent three years upgrading and taking tests to be able to practice medicine in his new country.

Now, he offers a full-service clinic and above-and-beyond social support to newcomers — including volunteers who give them free rides to and from the clinic, Arabic-speaking staff and a social support network that meets once a week.

Syrian refugee Naser Batouz came to Calgary two months ago with his young family. He said he never expected the kind of service offered by Muhammed and his clinic.

"I am so comfortable and happy," he said, through Muhammed's assistant Reham Aboumorad, a 22-year-old Lebanese immigrant.

Muhammed, who understands the culture shock ex-

perienced by the refugees, said he welcomed them to his clinic and the city by hosting a community meeting with immigrant business owners and newcomers in his traditionally Arab meeting space.

Nothing is impossible. Everything is doable.

— Dr. Talib Muhammed

"When I arrived here I had the same feeling of isolation they have," he said.

"That is why I provide the dinner for them and invite business owners from the immigrant community to share their stories with them as well."

He said the hope is to create a support network to help newcomers integrate and find work. Muhammed said he hopes the stories of hard work and success inspire them.

"Nothing is impossible, everything is doable," he said. "You will find all the help, you don't need to feel hopeless."



Dr. Talib Muhammed checks two-year-old Juliana Batouz. LUCIE EDWARDSON/METRO

FROM DEATH TO
GLORY
Easter 2016 at RockPointe Church

GOOD FRIDAY SERVICES – March 25, 2016

Bearspaw Site: 10 am • Bowridge Site: 10 am
Westhills Site: 10:30 am

EASTER SERVICES – March 26/27, 2016

Bearspaw Site: Sunday at 9 & 11 am
Bowridge Site: Saturday at 6:30 pm, Sunday at 10 am
Westhills Site: Sunday at 10:30 am

Bearspaw Site: 255024 Lochend Road
Bowridge Site: 12 Bowridge Drive NW
Westhills Site: 150 Ambrose Circle SW
(Ambrose University Gymnasium)

**Rock
Pointe**
church
www.rockpointe.ca

SE RENTALS



**CALL NOW
AND ASK ABOUT OUR
RENTAL INCENTIVES**
- AVAILABLE FOR A
LIMITED TIME ONLY!

*Available
Immediately!*

**1 & 2 BEDROOM UNITS
DEER RUN, SE**

For more information about
our rental incentive and to
book a convenient
appointment to view.

Clean and quiet 1 and 2 bedroom units available immediately. Great community living conveniently located on a bus route, easy access to shopping, schools and C-Train. One block to Fish Creek Park walking trails. Large unit features fridge stove and dishwasher, fireplace, balcony/patio, window coverings and plenty of storage. Rents include heat, water and one parking space. On-site management, Rec centre, racquetball & tennis courts. Families Welcome!

**CALL US TODAY
403.278.6676** OR EMAIL US AT
meadowbrook@scpl.com

www.SCPL.com

**SHELTER
CANADIAN** INTEGRITY IN ACTION

PICK YOUR VEHICLE, PICK YOUR PAYMENT GET APPROVED ON-SITE AND THEN...

2014 FORD FIESTA SE
T1426 • TL, 940 KM • HTD SEATS • NAV • APPEARANCE PACKAGE



NOW ONLY **\$46** PER WEEK • \$0 DOWN OR PAY ONLY
\$12,950 + GST

DO NOT PAY FOR 6 MONTHS!
(oac)

2011 FORD FOCUS SE
G-622A • 57,077 KM • AUTO • HEATED SEATS • CRUISE



NOW ONLY **\$45** PER WEEK • \$0 DOWN OR PAY ONLY
\$9,950 + GST

2012 GMC TERRAIN SLE AWD
160408 • 54,022 KM • 2.4L • POWER GROUP • BLUETOOTH



\$14,950 **\$58/WK**

2013 JEEP COMPASS 4WD
27675A • 69,319 KM • BRAND NEW TIRES



REDUCED!
\$14,450 **\$49/WK**

2015 JEEP CHEROKEE SPORT
16092 • ONLY 760 KM • A/C • 9-SPEED AUTO



\$23,900 **\$83/WK**

2013 FORD ESCAPE 4WD
F-2648A • 91,652 KM • 2.0L • LEATHER • REAR SPOILER



REDUCED!
\$20,450 **\$69/WK**

2013 F150 LARIAT CREW 4X4
FV-305A • 24,574 KM • ECODRIVE • NAV • BACKUP CAM



REDUCED!
\$35,950 **\$122/WK**

2012 HONDA CRV TOURING
16027 • 59,214 KM • AWD • LEATHER • MOONROOF • KIT



\$24,990 **\$112/WK**

2015 JEEP PATRIOT 4WD
16090 • 11,991 KM • LEATHER • HIGH ALTITUDE EDITION



\$23,990 **\$83/WK**

2015 FORD EDGE TITANIUM
16068 • JWD • LEATHER • NAV • MOONROOF



REDUCED!
\$40,990 **\$139/WK**

2011 LINCOLN MKX AWD
G-307A • 120,154 KM • NAV • PANORAMIC SUNROOF



REDUCED!
\$19,950 **\$77/WK**

2013 FORD EDGE SPORT AWD
27733 • 53,340 KM • LOADED • NON 22" TIRES



REDUCED!
\$29,450 **\$99/WK**

2011 FORD FLEX LIMITED
G-481A • 65,864 KM • AWD • 20" ALLOYS • POWER FOLD SEATS



REDUCED!
\$22,950 **\$88/WK**

2013 FORD FOCUS SE
G-01A • 62,371 KM • CRUISE • SYNC • 2.0L ENGINE



\$12,990 **\$44/WK**

2014 BMW X3 28I AWD
F-309A • 85,825 KM • PANORAMIC SUNROOF • LEATHER • NAV



REDUCED!
\$33,950 **\$115/WK**

2016 FORD EXPLORER LIMITED
16081 • 24,002 KM • MASSAGING SEATS • FULLY LOADED!

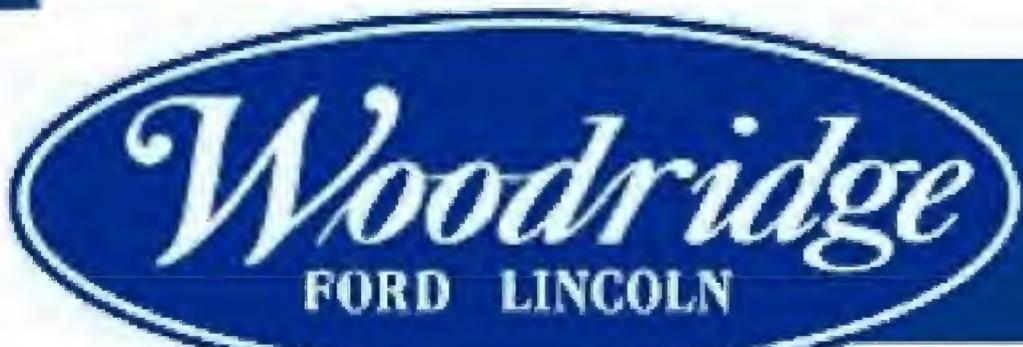


REDUCED!
\$48,990 **\$166/WK**

2014 LINCOLN NAVIGATOR
Z1699 • 49,094 KM • 20" ALLOYS • FULLY LOADED!



REDUCED!
\$52,950 **\$178/WK**



DEERFOOT & DOUGLASDALE (403) 451-6182
www.WOODRIDGEFORD.com



*PLEASE READ- ALL OFFERS OAC. PRICES INCLUDE FEES AND TAXES BUT EXCLUDE GST. LIMITED TIME OFFERS. WEEKLY PAYMENTS BASED ON 84 MONTH TERMS (2013-15 MODELS) 72 MONTHS (2011-12 MODELS), 60 MONTHS (2010 AND PRIOR) @ 5.99% AND \$0 DOWNPAYMENT. COST OF BORROWING=\$1,857 (E-565A). INVENTORY ACCURATE AT TIME OF PUBLICATION. VEHICLES MAY NOT BE EXACTLY AS DEPICTED. CONDITIONS APPLY. CONTACT DEALER FOR FULL DETAILS.



SPECIAL REPORT CALGARY ENERGY

IN PARTNERSHIP WITH ALBERTA OIL MAGAZINE, METRO CALGARY
BRINGS YOU INFORMATION ON ALBERTA'S CHANGING OIL AND GAS
INDUSTRY AND ITS IMPACT ON THE PROVINCE'S ECONOMY.

LOWER WAGES THE SOLUTION TO OIL SLUMP?

The plunge in commodity prices has rocked oil-dependent economies around the globe. And Alberta is no exception.

But while resource industries can't always control the trajectory of their commodity prices, there are levers and buffers at their disposal to control the speed and proximity at which they follow them.

All of which is to say that the degree to which many companies — and yes, many governments — are getting hammered right now by low oil prices is a direct indicator of how seriously they heeded the lessons of previous boom-and-bust cycles.

But what if the industry could hedge against those cycles altogether — not just by taking a position in the oil futures market, but by orienting itself towards long-term corporate sustainability?

In an industry like energy, where the bulk of day-to-day operating costs are spent on labour, employees at all points along the production, refining, distribution and finance chain can command very healthy paycheques and bonuses for loyalty to a company when times are good.

But their necks are first on the

chopping block when the cycle turns again.

The number of unemployed Albertans on government assistance rose to 61,300 in November 2015, more than twice the number of recipients just 12 months prior, according to Statistics Canada.

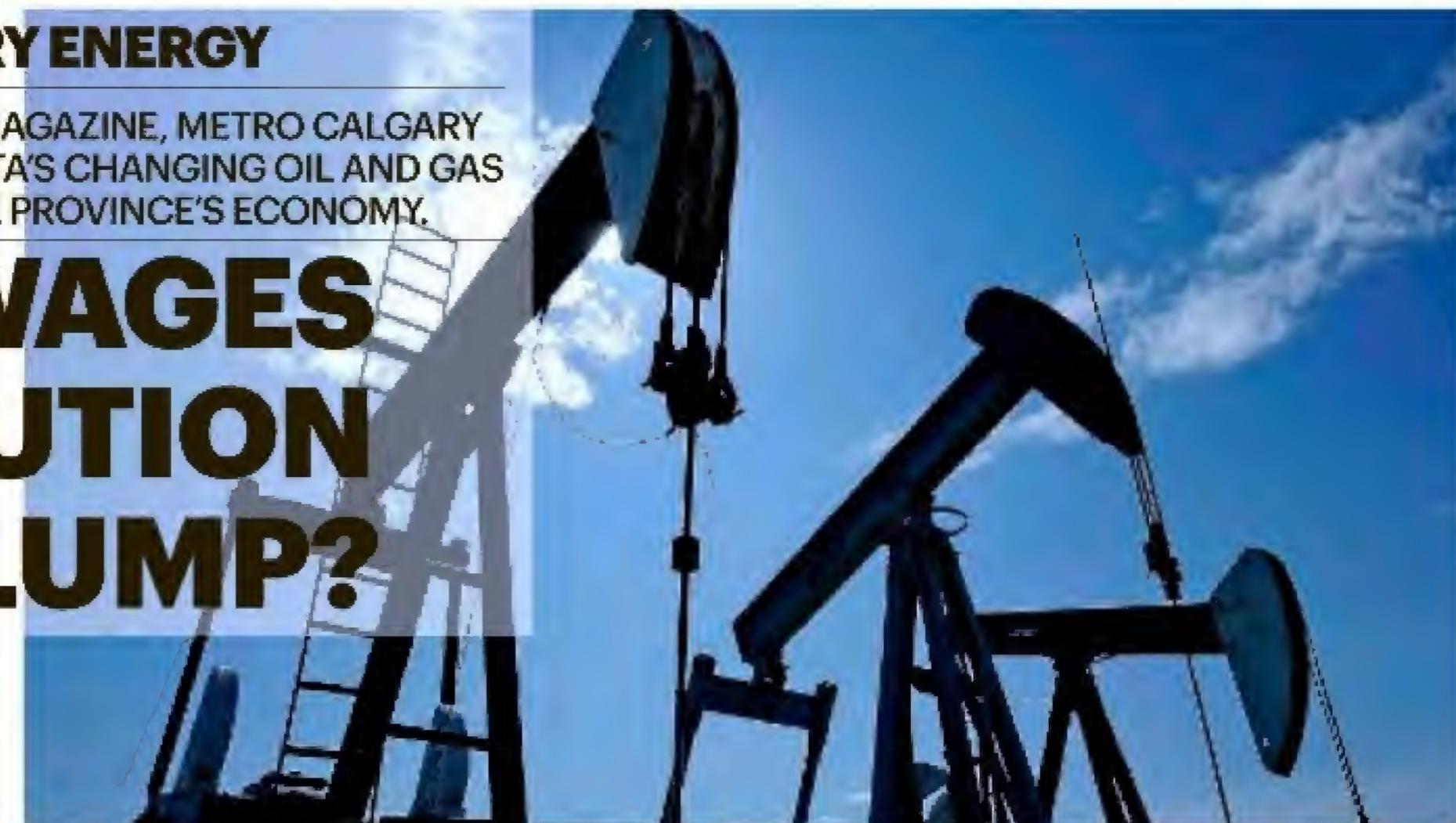
The province, and its fiscal attachment to the falling oil price, accounted for fully two-thirds of the national increase in new Employment Insurance claims last year.

Todd Hirsch, chief economist for ATB Financial, says a better way is possible.

But, smoothing out those feast-to-famine curves comes with a catch: Companies have to co-operate.

"Are companies really going to say, 'No, we're only going to pay our engineer \$80,000,' when the guy across the street is going to pay them \$100,000?" Hirsch says. "No, they're going to lose them all. It would only work if all of the companies agreed to do it, and you're just not going to get that level of agreement."

But chasing corporate longevity over simple growth-for-growth's-sake could be the proverbial bird-in-hand for those



Thousands of oil and gas jobs have been cut in Alberta, but is the simple solution to bring wages under control?

THE CANADIAN PRESS FILE



It would only work if all of the companies agreed to do it, and you're just not going to get that level of agreement.

Todd Hirsch

companies now finding themselves overextended and out of reach of the bush.

"It's hard to do if you're the only one, but energy companies should discipline themselves," Hirsch says.

One option worth exploring for those companies that are looking to retain talent in a downturn is to set aside a dedicated labour retention fund that can be tapped during down times; the money used to send staff for training or to pay partial salaries for extended leaves.

"In most other industries it's not an issue because their commodities don't swing as wildly as oil prices do," Hirsch says.

"Even the industry would agree that labour cost escalation has been

the big problem; roughly 70 per cent of the industry's operating costs are labour. Break-even points shouldn't be at \$70 or \$80 a barrel."

It's not just unemployed workers who are feeling the pain of the industry's manic-depressive cycles.

Those who remain out in the field and in the increasingly empty office towers of Calgary and Edmonton are feeling it, too.

Roughly three-quarters of Canadian oil and gas workers are now experiencing "moderate to extreme workplace pressure due to the lack of employees and skills present," according to a 2016 salary guide published by global recruitment firm Hays Canada.

And despite the growing skills shortage, the same report found that nearly two-thirds of resource

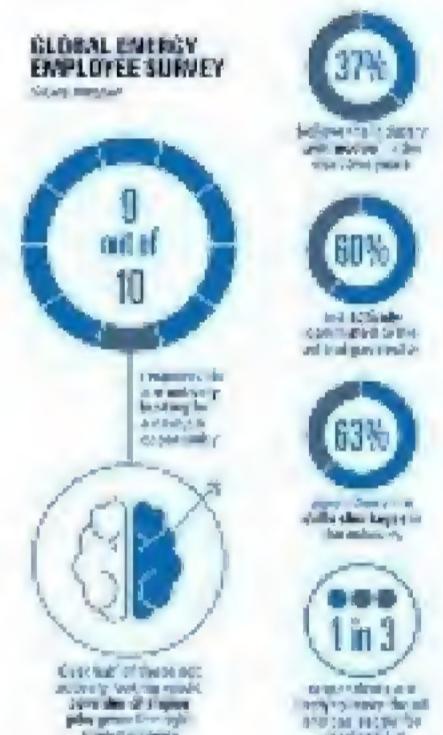
and mining companies are not currently hiring new graduates due to the economic uncertainty.

That's bad news for the long-term sustainability of the industry and for the wider economy that depends on it.

A January report from global energy recruitment firm Petroplan found that while workers' loyalty to the energy sector is still high all over the world, with more than 60 per cent of survey respondents "very or extremely likely to recommend a career in the oil and gas industry" despite low oil prices and mass layoffs.

"There needs to be a major shift in employer attitudes to retention and talent management," says Petroplan CEO Andrew Speers.

"Although we have a committed workforce, people are weary of the ups and



COURTESY ALBERTA OIL

downs of the sector.

"Companies have to balance the risks and rewards of job cuts with retaining key people and skills shortages. While it might seem like a strange time to talk about loyalty and talent retention, we must."

TODD COYNE/ALBERTA OIL

ALBERTA OIL

Calgary Economic Development's **collaborative energy** makes us a **conduit, connector, catalyst** and **storyteller** for the city of Calgary.

WE CRUNCHED THE NUMBERS.

1. UP TO **\$8,000 IN SAVINGS**
2. **0% 84 MONTH FINANCING**
3. **NO PAYMENTS FOR 6 MONTHS**

PLUS!
FREE OIL
CHANGES

PLUS!
3M
PROTECTION!

PLUS!
TIRE ROAD
HAZARD PROTECTION



EARN UP TO
25,000 AEROPLAN
MILES*



DO NOT PAY UNTIL AUGUST!



2016 TOYOTA COROLLA S C054527
BLUETOOTH • HEATED SEATS • A/C • BACKUP CAM AND MORE!

\$129
BIWEEKLY

\$999
DOWNPAYMENT



2015 TOYOTA RAV4 LIMITED AWD RA378665
SUNROOF • HEATED SEATS • NAV • LEATHER • POWER LIFTGATE!

\$199
BIWEEKLY

\$999
DOWNPAYMENT



2016 TOYOTA TACOMA TRD 4X4 TA002991
SUNROOF • HEATED SEATS • ALLOYS • BACKUP CAM AND MORE!

\$229
BIWEEKLY

\$999
DOWNPAYMENT

INTRODUCING A NEW HYBRID ERA.

THE NEW 2016 TOYOTA
PRIUS IS COMING SOON

IMPROVED
ECONOMY
ECONOMIC
PRICE

4.5L/100km • 63 mpg!
from \$25,995

PLUS FREIGHT, PDI
AND TAXES



CANYON CREEK
 TOYOTA

370 CANYON MEADOWS DR SE • (403) 278-6066



Fighter lost lifelong battle with depression

NOVA SCOTIA

Sought help, but wait list for psychiatrist too long

Dylan DesRoche
For Metro | Halifax

Cody Glode was seen as a true warrior, both inside the ring as a mixed martial arts athlete, and outside of it, battling blazes with Truro fire services.

But there was one battle that was too much for the young Millbrook man. He lost his battle with depression on March 1 when he took his own life.

"We could see the illness starting to literally take over him," said Cody's mom, Lisa Glode, in an interview with Metro on Tuesday.

She said her son had been battling depression since he was 12 years old. But he seemed to



Cody Glode, left, with his trainer after winning a MMA fight last year in Halifax. MARTIN BLAIS / CONTRIBUTED

handle it well.

All of that changed in February, and as Cody's symptoms worsened, he reached out to his parents for help.

Cody and his mother first tried a mental health crisis line. The service told Lisa it takes a "little while" to see a psychiatrist, and suggested Cody go see his family

doctor. Cody took the advice, and made an appointment to see his doctor.

Matthew Glode, Cody's dad, said when his son returned home Matthew was immediately concerned.

"When he came in the house that day he was a defeated man," said Matthew.

At his doctor's appointment, Cody was told he needed to wait another two months.

"If I went to the hospital with pains in my chest, they would do everything in their power to help me right then and there, they wouldn't send me home and say see you in two months," said Matthew.

"Something has to be done, to change the way mental illness is viewed, and how these people are treated," his mother added.

The 20-year-old was the youngest firefighter in the history of Truro's fire service and also the first aboriginal firefighter.

More than 800 people attended his funeral.

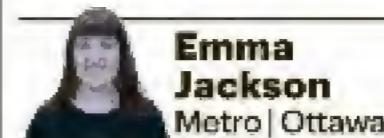
Lisa and Matthew have been overwhelmed by the number of people approaching them and sharing stories of how Cody impacted their lives.

"He just always had time for others," said Lisa.

The Glodes are hoping people will realize mental illness can affect anyone, and that it's not a sign of weakness, but of strength.

COMMUNITY

Tapping greatness



Emma Jackson
Metro | Ottawa

Being a good neighbour can reap sweet rewards.

At least, that's what a group of families in Ottawa have realized after tapping their front-yard maples for the sugar sap they can turn into syrup.

Paul Hempel is the ringleader of the urban maple tapping operation on Huron Avenue North.

Six years ago, he asked his neighbours, the Laytons, if he could tap the 75-year-old silver maple in their front yard.

The Layton boys Francis and Yannick were excited to help check the buckets every day for sap before transferring it into Hempel's big white storage containers.

Their neighbour, Julia Lipinska, got in on the action, too. She has a matching maple on her lawn.

There are eight taps altogether, four on each 36-inch-diameter tree.

Hempel thinks he'll get five litres of maple syrup from them this season.

He'll share the spoils: Francis and Yannick each get a bottle on their birthdays, and he hands it out at Christmas.

IN BRIEF

Stabbing suspect charged

A man who allegedly said Allah instructed him to kill was charged Tuesday with stabbing and wounding two uniformed soldiers at a Toronto military recruitment centre a day earlier. Ayanle Hassan Ali, 27, has been charged with nine counts: three attempted murder, two aggravated assault, three

assault with a weapon and possession of a dangerous weapon. THE CANADIAN PRESS

Canada wants UN Security Council seat back

Prime Minister Justin Trudeau plans to seek a seat for Canada on the UN Security Council. Canada lost its last bid after a string of six terms. THE CANADIAN PRESS

LARGEST TRADITIONAL CHINESE MEDICINE CLINIC

YEARS OF EXPERIENCE

Our team of professionals blends the best aspects of TCM with western medicine to provide a holistic, balanced approach to treating patients.

ACUPUNCTURE

- Pain
- Anxiety
- Insomnia
- Depression
- Tinnitus
- Menopause
- Infertility
- PMS
- MS
- Allergies
- Cancer care
- Gout
- Rheumatoid Arthritis
- Irritable bowel syndrome
- Children's myopia

AESTHETIC ACUPUNCTURE:

- Weight loss, cellulite
- Healthy, not rebound, integrated program to reduce fat cells 10%
- Hair loss
- Acne
- Facial rejuvenation
- Height increase

THERAPEUTIC MASSAGE \$59.99/1 HR FIRST TIME

CHINESE THERAPEUTIC REFLEXOLOGY \$55/HR

NEW GRADUATE ACUPUNCTURIST TRIAL \$40/FIRST 2 APPTS

MASSAGE

VOLCANO MUD MASSAGE

TUI NA MASSAGE THERAPY

Important technique for treating and preventing diseases.



GREENLEAFHEALTHCENTRE.com 1612 CENTRE ST NE 403.592.8509

NW RENTALS



**CALL NOW
AND ASK ABOUT OUR
RENTAL INCENTIVES**

- AVAILABLE FOR A
LIMITED TIME ONLY!

*Available
Immediately!*

**1, 2 & 3 BEDROOM UNITS
SILVER SPRINGS, NW**

For more information about
our rental incentive and to
book a convenient
appointment to view.

Silver Heights is located at the intersection of Silvergrove Drive and Silver Springs Boulevard in the Silver Springs district of northwest Calgary. Schools, shopping facilities and the Silver Springs Golf Course are all within walking distance.

Access to the downtown core of Calgary is by Crowchild Trail and is approximately 20 minutes by public transportation.

Features: Appliance Group, Fireplace, Wall to wall carpet and window coverings, In-suites and outdoor storage, Patio or balcony, Intercom security system, In-building coin operated laundry facilities, Squash and tennis courts, Recreation centre, including full size pool table, Energized surface parking, On-site management & maintenance staff.

**CALL US TODAY
403.288.6515**

OR EMAIL US AT
silverheights@scpl.com

www.SCPL.com

**SHELTER
CANADIAN**

Blame the owner, not the pup: Poll



Thandi Fletcher
Metro | Vancouver

The majority of Canadians believe dog attacks are isolated incidents caused by bad owners, not by the breed of dog, results of a new survey show.

The survey from the Angus Reid Institute finds that 58 per cent of people believe dog attacks are isolated incidents to be blamed on human influence, while 42 per cent take the opposing view that particular breeds, like pit bulls and Rottweilers, are inherently more aggressive.

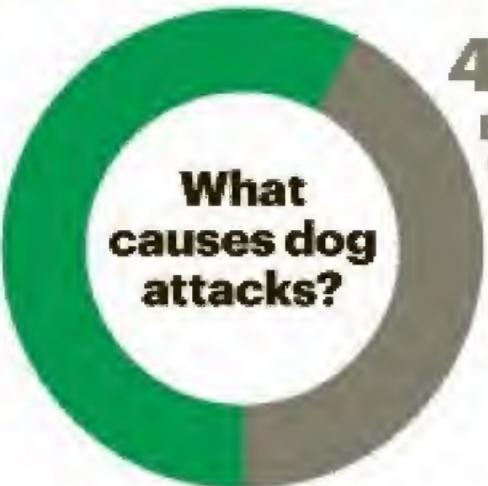
"What you see is an appetite to keep so-called bad owners on a short leash — as opposed to banning dogs," said Shachi Kurl, of the Angus Reid Institute.

Canadians were generationaly divided on the issue, the survey found, with older people more likely to blame breeds.

The online survey of 1,057 Canadian adults who are members of the Angus Reid Forum was conducted between Feb. 2 and 5. The self-commissioned survey has a margin of error of plus or minus 2.5 percentage points, 19 times out of 20.

- 1 Most Canadians (58 per cent) say "dog attacks are isolated incidents caused by bad owners, not by the breed of dog." This feeling is stronger among those aged 18-34 and weaker among those aged 55 and older.

58%
BAD OWNERS



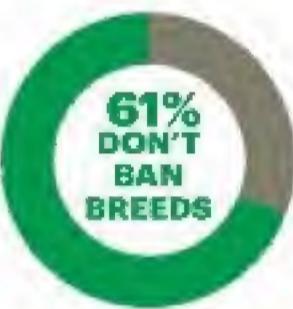
- 2 Most Canadians (69 per cent) support preventing individuals who owned a dog that attacked a person in the past from owning another dog.



- 3 460,000 Canadians are bitten by dogs each year. Men are more likely than women to say certain breeds are inherently dangerous (46 per cent of men do so, compared to 37 per cent of women).



- 4 Two-in-three Canadians (67 per cent) support requiring muzzles for breeds of dogs deemed "dangerous," but fewer than two-in-five (39 per cent) support banning those breeds from their communities entirely.



GRAPHICS: ANDRES PLANA/METRO

CAREER FAIR

SAVE THE DATE

Thursday March 17, 2016 12th – 3rd | ABM College Conference Hall

ABM COLLEGE

3880 - 29 Street NE, Calgary • abmcollege.com • 403.719.4300

JOIN US! ABM College Career Fair is open to the public and ABM students. Come meet employers face-to-face to find out about current job vacancies.

12:12-15pm
12:30pm
3:00pm

Opening Ceremony
Booths open
Closing remarks

NEWCOMERS CANADA
A WANN COMPANY

Just landed in Canada ?

Free Immigration Advice, Employment and Education Seminars

Newcomers Canada Fair
19 March 2016

BMO Center - Calgary Stampede Park, Calgary

- PR Application Process
- Studying in Canada
- 100's of Jobs
- Settlement Services

Register Online for **Free Entry**

www.newcomerscanada.ca/Calgary

Trump, Clinton pad leads

PRESIDENTIAL PRIMARIES

Both score key victories; Rubio forced out of race

Donald Trump's much-discussed fingers have tightened their grip on the Republican presidential nomination, strengthened by a dominant performance Tuesday as the primaries entered their second half.

Key primary wins brought Trump closer to the magic 50 per cent pace he'd need to secure a first-ballot victory and avoid a challenge at the Republican party's summer convention.

He entered the evening with about 40 per cent of the delegates pledged so far and appeared likely to end it hovering somewhere around the 45 per cent mark, which still leaves him short of that coveted clip.

Trump was poised to win as many as four of the five states voting. He easily won the greatest prize, Florida; held a solid lead in early results in Illinois; and held smaller advantages in North Carolina and Missouri.

"Nobody in the history of politics has received the kind of negative advertising that I have. Record, record, record. Mostly false — I wouldn't say 100 per cent but about 90 per cent," Trump told a jubilant



Republican presidential candidate Donald Trump holds a plane-side rally at Youngstown-Warren Regional Airport in Vienna, Ohio, on Monday. GENE J. PUSKAR/THE ASSOCIATED PRESS

rally in Florida.

"You explain it to me — because I can't. My numbers went up."

His biggest triumph was knocking out the great-right-hope of party brass Marco Rubio. Trump beat the young senator in his home state of Florida, forcing him to withdraw from the race.

draw from the race.

It was sweet revenge: Rubio had worked an old gag into his stump speech about the size of Trump's fingers and used it to make unflattering insinuations about other parts of his anatomy.

Trump got the last laugh. He obliterated him by nearly 20 percentage points on his own turf — prompting Rubio's immediate resignation, to the delight of Democrats who'd feared the youthful lawmaker.

Trump picked up big blocs

of delegates, who will actually pick the Republican nominee at the July convention. As the nomination race officially passed its halfway point Tuesday, it held its first winner-take-all contests.

Until now winners in each state had to split delegates proportionally. But delegates are now being awarded in bulk to the No. 1 finisher in some states, with Trump winning most.

Trump appeared likely to end the evening with about 650

delegates; Texas Sen. Ted Cruz with about 400; Rubio with less than 175; and Ohio Gov. John Kasich with less than 150.

Winning the nomination will require 1,237 delegates on the convention floor in Cleveland in July.

As for the Democrats, Clinton extended her lead with big wins in Florida, Ohio and North Carolina, and held a smaller lead in Illinois. She was losing to Vermont Sen. Bernie Sanders in Missouri as of press time. THE ASSOCIATED PRESS

OBAMA ADMINISTRATION

New rules reinforce U.S.-Cuba relations

The Obama administration punched a new series of holes in the U.S. trade embargo on Cuba on Tuesday, turning a ban on tourism to Cuba into an unenforceable honour system and paving the way for Cuban athletes to play Major League Baseball and other U.S. professional sports without first defecting.

Five days ahead of the first presidential trip to Havana in nearly 90 years, the U.S. also eliminated a ban on Cuban access to the international banking system. The inability to send or receive payments that passed through the U.S. banking system had crippled the country's ability to trade with third countries and became a major hindrance to the U.S. attempt to normalize relations with Cuba.

"The simple basis of our policy is that by loosening these restrictions we are better able to engage with the Cuban people, to support them and to build bridges between our two countries," deputy national security adviser Ben Rhodes said. "We deeply believe that this is in America's national interest." THE ASSOCIATED PRESS



U.S. President Barack Obama
GETTY IMAGES

Nobody in the history of politics has received the kind of negative advertising that I have.

Donald Trump



THE ALL-NEW 2017
ELANTRA

#SUPERSEARCH IS ON.

Our competition has stolen our SUPERSTRUCTURE™! Follow the clues and help us find it for a chance to win a \$20,000 reward or 1 of 4 secondary rewards of \$2,500!*

To get involved, sign up at
HYUNDAISUPERSEARCH.com

MISSING

*Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.hyundaisupersearch.com between February 13th, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CND\$2,500.00 each, and one (1) Grand Prize of CND\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00pm (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com. The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.



A child eats a croissant as migrants queue for food at a makeshift camp at the Greek-Macedonian border where thousands of refugees and migrants are stranded by the Balkan border blockade.

AFP/GETTY IMAGES

EU talks to Turkey

DIPLOMACY

Cyprus may block migrant deal on table

European Union leaders seek a mutually binding deal with Turkey to stem the flow of migrants by sea to Greece. But several nations stand in the way of such a pact — and tiny Cyprus could pose a big diplomatic challenge.

Leaders of the EU's 28 divided nations plan to reconvene in Brussels this week in hopes of ironing out disagreements on a proposed agreement with Turkey.

Their tentative agreement struck March 7 would allow Greece to return migrants to Turkey as Europe opens new routes for pre-screened migrants to seek asylum legally.

Cyprus announced it has no intention of permitting full negotiations for Turkey's EU membership — a position that could scuttle the deal. Each EU member must consent to any deal.

Negotiators fear that permitting another year of poorly controlled mass migration could undermine the EU's own free movement of citizens and goods and trigger a rise in political extremism already being felt in many countries.

THE ASSOCIATED PRESS

But Turkey demands big concessions from Europe in return, particularly on its long-held dream of joining the EU, an idea viewed with trepidation by many Europeans. Nowhere does mistrust run higher than in neighbouring Cyprus, which has been divided into a Greek Cypriot south and militarized Turkish Cypriot north since 1974.

Those seeking a deal hope to end the humanitarian crisis on Greece's closed northern border with non-EU member Macedonia, where hundreds of thousands crossed last year but many thousands today remain stuck, often in squalid camps, their progress north blocked by barbed wire and club-wielding police.

Negotiators fear that permitting another year of poorly controlled mass migration could undermine the EU's own free movement of citizens and goods and trigger a rise in political extremism already being felt in many countries.

THE ASSOCIATED PRESS

**PARENTS AND STUDENTS JOIN US FOR FREE
SAIT INFO SESSIONS**

Choosing the program that's right for you is a big decision. That's why SAIT Polytechnic offers information sessions — your golden opportunity to discover your program options, ask questions and sometimes, tour our campus. Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at [sait.ca](#). Here are just a few we're offering this month:

RADIO, TELEVISION AND BROADCAST NEWS

Media is a cornerstone of our society, as it impacts our understanding of current events, heightens our awareness of social issues and influences both our lifestyle and buying decisions. The Radio, Television and Broadcast News program develops a wide range of career paths including technical, performing and creative development. A diploma from this recognized media program has become the minimum standard for an entry-level position in this industry, and is widely-recognized.

Join us on Wednesday, March 16 at 7:00 pm in Room NL120 in the Senator Burns Building.

Call 403.284.8470 or Email [rtbn.info@sait.ca](#) to confirm your attendance or for more information.

INFORMATION TECHNOLOGY - TELECOM SYSTEMS MAJOR

If you would like to be part of the high tech generation who likes to provide solutions, harness the power of the latest software, go wireless and connect leading edge devices near and far, then the Telecom Systems major is for you. Graduates of this program are prepared for dynamic careers in today's telecommunications industry.

Join us on Wednesday, March 16 at 7:00 pm in Room E314 in the John Ware Building.

Call 403.210.4076 or Email [ict.telecom@sait.ca](#) to confirm your attendance or for more information.

GRAPHIC COMMUNICATIONS AND PRINT TECHNOLOGY

Print Media is everywhere. From magazines and billboards to packaging and snowboards, the list of printed items seems endless. Canada's printing and graphic communications industry is one of the most diverse and widespread information-based manufacturing industries in the country. Using the most up-to-date hardware and software, you will learn page layout and design, through to printing and finishing on our high-tech systems. This program is designed to prepare you for a career in this exciting field.

Join us on Wednesday, March 16 at 7:00 pm in Room NH101 in the Senator Burns Building.

Call 403.284.8849 or Email [gcpt.info@sait.ca](#) to confirm your attendance or for more information.

FAST TRACK INFORMATION TECHNOLOGY TRAINING

Information technology drives business and touches every aspect of life. Launch your IT career in just months through SAIT's skills-based, Fast-Track programs. Seats are available in the following programs:

- Business Intelligence: Data Analysis and Reporting
- Database Administrator
- Technology Infrastructure Management
- Network Technician
- Object-Oriented Software Developer
- Web Developer

Join us on Wednesday, March 16 at 7:00 pm in Room MD321 in the Stan Grad Centre.

Email [fast-track@sait.ca](#) to confirm your attendance or for more information.

ENERGY ASSET MANAGEMENT

Energy Asset Management is a two year multidisciplinary diploma program that provides students with skills necessary for the analysis, documentation and administration of regulatory, financial and contractual compliance related to energy assets, and trains analysts for employment in the five disciplines of energy asset management: Joint Venture, Mineral Land Management, Surface Land Management, Well Asset Management, and Operations Accounting.

Join us on Wednesday, March 16 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre.

Call 403.284.8451 or Email [energy.mse@sait.ca](#) to confirm your attendance or for more information.

ENVIRONMENTAL TECHNOLOGY

Want a career that really makes a difference? Environmental Technology combines a laboratory orientation with a broad theoretical background to provide you with the skills you'll need to work in the lab or in the field. As an Environmental Technologist you'll work in the protection, conservation and preservation of our natural environment. Many of our graduates go on to complete a bachelor degree at Royal Roads University.

Join us on Wednesday, March 16 at 7:00 pm in Room KA336 in the Johnson-Cobbe Energy Centre.

Call 403.284.8451 or Email [energy.mse@sait.ca](#) to confirm your attendance or for more information.

MEDICAL TRANSCRIPTIONIST

Interested in a career where graduates have flexible job opportunities in clinical environments or at-home employment? The Medical Transcriptionist program at SAIT is the perfect solution as it trains students to interpret, transcribe, and edit medical dictation detailing patient health care during an illness or after an injury. Start your new career in just one year.

Join us on Wednesday, March 17 from 5:30-6:30 pm in Room NN906 in the Senator Burns Building.

Visit [sait.ca/infosessions](#) to confirm your attendance or for more information.

NEW DUPLEX HOMES

Limited Lots Available
Introductory Pricing from the low \$400's

Register Your Interest Today
587.318.4055

AUBURN BAY

JUMP IN AND FIND OUT WHAT LAKE LIVING IS ALL ABOUT

MORRISON HOMES
THE HOMEBUYER'S BEST FRIEND™



EMPLOYMENT INSURANCE

Jobless wait a month for answers to query

Newly released figures show jobless Canadians are waiting days for answers to their employment insurance questions, and a month or more to find out if they are going to receive benefits.

The figures tabled in Parliament last week show 297,586 employment insurance applicants waited more than 28 days for a decision on their files between April 2015 and January of this year.

The average wait time was 39 days nationwide and in Alberta, which has been hard hit by the slumping price of oil.

Waiting to hear back from employment insurance processing agents was equally frustrating: The documents show agents returned calls within five days just under 60 per cent

of the time.

The numbers also show that Canadians dialling into a federal call centre with employment insurance questions heard an automated high volume message almost 7.4 million times between April 2015 and January of this year.

Consequently, processing times and client services topped the categories for complaints lodged with the government.

The figures are part of an ongoing trend of long wait times to speak with an agent at federal call centres, some of it attributed to an antiquated call centre system that the government's central information-technology department is working to upgrade.

THE CANADIAN PRESS

UNEMPLOYED OR LAID OFF?
Consider teaching English Overseas
JOB GUARANTEED!

- > TESOL Certified in 5 Days
- > In-Class or Online > No Degree Required!
- 1.888.270.2941**

Next in-class course:
May 29-31, June 1-3 2016 (Best Western Village Park Inn)

Next Seminar:
March 16th, 2016 @ 7pm (1804 Crowchild Trail NW)

 globaltesol.com

MYSTIC EYE **SPIRITUAL READINGS**
57 YEARS EXPERIENCE
100% GUARANTEED RESULTS

Specializing in reuniting loved ones
Removes all bad luck spells & negative energy
100% guaranteed results

SPECIAL
1/2 PRICE READINGS
BY APPOINTMENT ONLY

COME IN TODAY FOR A BETTER TOMORROW

PALM TAROT ENERGY READINGS

403.228.2258
SOLVE ALL PROBLEMS OF LIFE

INDIAN ASTROLOGY CENTER
Pandit: SHIVA
KNOW YOUR PAST, PRESENT AND FUTURE

VEDIC SOLUTIONS ARE AVAILABLE FOR

Health	Education
Family	Job
Marriage	Divorce
Love	Children
Business	Protection
Court Cases	Vital Problems
Husband Wife relationship	Lucky Numbers etc.

ALL RELIGIONS WELCOME
He can perform Devi Upasana, Lakshmi Pooja, Shanti Pooja (Prayers) and all to protection from enemies and jealousy

PRIVATE & CONFIDENTIAL
Removes Black Magic, Jadoo, Voodoo & Gives 100% Life Long Protection

587-717-4050
Northeast Calgary



A Toronto store recently swapped out their ketchup brand in favour of French's. LIZ BEDDALL/METRO

Loblaw slips on ketchup

FOOD

Outcry forces supermarket to restock French's


Jessica Smith Cross
Metro | Toronto

Call it the Canadian ketchup revolution.

Canucks, riled up with a nationalistic fervor, rose up against the country's biggest supermarket chain this week over its decision to stop stocking French's ketchup.

Thousands turned their social media pitchforks on Loblaw, and Ontario MPP Mike Colle wrote the company asking for the decision to be reversed.

By Tuesday, the grocer had bowed to public pressure, pledging to return French's to its rightful spot.

It was all a little crazy. But, there's a good reason French's — produced in Leamington, Ont., with local tomatoes — suddenly became so important to the Canadian collective. Moving well beyond the lunch counter, it came to represent Canadian jobs at a time when people are feeling a deep unease about the future of manufacturing, one expert said.

"We're used to thinking

about a brand in simple attributes — maybe it tastes good and it doesn't cost a lot — but it turns out they can also have important cultural significance, about jobs and economic conditions," explained Markus Giesler, a professor at York University's Schulich School of Business.

"But that connection needs to be made by someone. In this case, it was that Brian Fernandez guy."

Fernandez, who lives in Orillia, assigned meaning when he posted on Facebook that he'd bought French's and liked how the company reopened the ketchup processing plant in Leamington, saving 740 jobs that were lost

when Heinz pulled out two years ago.

His post has been shared more than 130,000 times since last month.

Fernandez didn't even know where Leamington was when this all started. But learning how Heinz's decision put plant employees, farmers and truck drivers in a financial bind and how many people got their jobs back when French's came in, struck a chord with him.

"These are blue-collar jobs, manufacturing jobs, where you go and do the job without a pat on the back or getting promoted to CEO — and that's just like myself," Fernandez told Metro.

SABIS
Southern Alberta Brain Injury Society

BRAINY
NOW OFFERING GROUPS FOR CHILDREN

Ages 6-18 whose caregivers or other loved ones have an acquired brain injury.

Groups will be on Thursday, April 7th - Jun 23rd
Children 6-12 years old, 5:30 - 7PM
Adolescents 13-18 years old, 7:30 - 9PM

Our Focus will be on showing participants they are not alone in their experience, providing available resources to support on their personal journeys, encouraging recreational after-school activities & educating participants on the effects of brain injury.

for more information and to register, please contact Kasey Pearson
403.521.5212 ext. 28. Registration DEADLINE March 31st, 2016

Southern Alberta Brain Injury Society  102, 2116 27th Avenue, NE

metro

Tell us how you really feel.

Join our online reader panel and help make your Metro even better.
metronews.ca/panel

metrVIEW

Your essential daily news



BURIED
University of Illinois researchers estimate only nine per cent of today's threatened mammals will show up in the future fossil record.

Wednesday, March 16, 2016

URBAN ETIQUETTE **ELLEN VANSTONE**



THE QUESTION

My family makes a point of going out for birthdays and special occasions. Everyone takes their turn to pick up the bill — except my first cousin. How can I make him understand he can't treat everyone like a free meal ticket?

Dear Ellen,

My first cousin does not pay for any meals at all. The rest of my family and my in-laws are extremely polite and make a point to go out to enjoy each other's company for birthdays, holidays, graduations or special occasions. Everyone takes their turn to pick up the bill. Except him. He is over 40 and gainfully employed, which gives him no excuse not to pay once in a while. How can I make him understand that he cannot continue to treat everyone around him as a free meal ticket?

Ricardo

Dear Ricardo,

There are few social sinners more annoying than a cheapskate. Even if money is no object for you personally, it's galling to be constantly taken advantage of by the family freeloader.

The old-fashioned approach in some circles would be to say nothing, suck it up, and haul out your wallet without a whimper time and time again. Personally, I sometimes think this old-fashioned approach is a bit too close to the "brave" Spartan boy who let a stolen fox eviscerate him under his cloak rather than show "weakness" by revealing the hidden contraband. Why suffer just on principle? It's always acceptable to speak up if a small creature is gnawing on your guts, or if you are being subjected to rank injustice by a stingy relative.

If you choose to suffer in silence, it's not really fair to expect other people to consider your feelings.



On the other hand, I've often been guilty of "polite" forbearance myself, when really I was just too lazy or cowardly to risk a confrontation with some rude or careless person. If you choose to suffer in silence, feel free. But in that case, it's not really fair to expect other people to consider your feelings, when they have no idea what your feelings are.

If you choose not to suffer in silence, make sure you give your cousin the benefit of the doubt before you say anything. Could he have financial worries you don't know about? He may be tormented by the fact he can't pay his share, and want to die on the

spot every time the bill comes and he can't afford to chip in.

It's also possible he's not avoiding the bill on purpose. Sometimes people are not cheap, just clueless as they fail to notice that someone else always pays. He'd possibly be mortified at the thought of being called a cheapskate behind his back. In this case, consider his feelings and tread lightly as you gently suggest he take his turn picking up the next bill.

In fact, tread lightly even if you know for a fact that he has the money but chooses not to pay because he wants to deliberately take advantage of the rest of you. (Short of a signed confession, I don't

know how you'd establish this fact, but anything's possible!) There's nothing to be gained by getting into a brawl with someone so selfish and disrespectful.

Speak up, and keep it short and sweet: "Hey, cuz, we've all been kind of taking turns picking up the tab, but I think you fell off the roster — you want me to remind you next time?"

Whether he takes the hint or not, you can at least take the pressure off yourself. You've made your point. And he's not fooling anyone.

**Need advice?
Email Ellen:
scene@metronews.ca**

ROSEMARY WESTWOOD *metrview*



Terrorism is a terrible fact of life. We can't let it drive us to hate

All kinds of things are "the kinds of things" that happen in Canada.

Among them, acts of terror.

Police are still investigating whether Toronto was hit by a terror attack Monday, when Montreal-born Ayanle Hassan Ali barrelled into a military recruiting centre in Toronto, stabbing two Forces members and shouting, "Allah told me to come here and kill people."

But whatever this investigation reveals, we should be prepared for domestic terrorism. And our reaction should, I think, be split: some outrage, and something more like preparedness. Not complacency, not anything so passive as acceptance, but understanding that this is the world, and the country, we live in now.

Extremism has a platform on the web it has never had before. Dangerous ideas spread rapidly. Individuals can commit terrorism unaided, untethered to an organization. People born in Canada, and people radicalized here. Witness Parliament Hill, 2014.

Canada's borders, and our distance from Islamic terrorism's epicentre in the Middle East and North Africa, can't shield us. Our intelligence and law enforcement agencies, however, aren't doing such a bad job, according to security expert Martin Rudner. Last year, the RCMP prevented 30 terrorist plots targeting Canada, Rudner said.

Rudner, founding direc-

tor of the Canadian Centre of Intelligence and Security Studies at Carleton University, argues lone-wolf attacks should be taken very seriously.

People don't need the support or direction of an established terrorist group, he notes. They only need inspiration for an attack, which is easily found online from groups like Islamic State that explicitly advocate targeting Canada.

Preventing attacks is obviously the top priority, but Rudner says trial and conviction of terror suspects (something we've done, notably with life sentences for both attackers in the Via Rail plot) is also key to disrupting any terrorist's key goal: to sow fear.

The real question going forward, Rudner says, is "What happens beyond this?"

How do we prevent attacks from inspiring others to act? How to we stem hate?

Partly, by dealing with our own hate. So it was a relief to hear the Toronto police chief's almost-exasperated comments yesterday.

"I don't want this categorizing a large group of people; that will be very unfair and very inaccurate," he told media. "Don't go to that Islamophobic nonsense."

Terrorist acts are a "new normal," to quote New York Gov. Andrew Cuomo. That's not to accept them, but to recognize where we stand. And what we stand against.

metr
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
METRO WESTERN CANADA
Steve Shroud

MANAGING EDITOR CALGARY
Darren Krause

ADVERTISER INQUIRIES
adinfo@calgary.metronews.ca
General phone 403-444-0136

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

FAME IS LOVE
DISGUISED



Philosopher cat now at
www.mymetrostore.ca



Indiana Jones
and The Actually
For Real, Seriously
(We Promise) Last
Crusade
#FakeIndy5Titles

Follow @McNeilColin

Patak heiress's new cookbook

INTERVIEW

Second book remixes Indian classics for new generation

Emina Gamulin
Metro | Life

If you've ever cracked open a jar to make Indian food, chances are you've already been influenced by chef Anjali Pathak's palate.

Her grandfather, born into a family of poor farmers in Gujarat, India, started the Patak brand in 1962 while living in London (the 'h' was dropped so anglophones wouldn't get confused). By the time Anjali was born, her father was in charge of the family business, and the brand was an international success.

Pathak's earliest memories involve working on making rotis with her grandma and acting as an unofficial taste-tester for the



Anjali Pathak challenges culinary stereotypes.

Indian food brand. Today, the Patak line of curries, sauces and spices is available in 50 countries, where it is almost always the market leader, and the company employs 700 people around the world. The family sold the business nine years ago to grocery giant Associated British Foods, founded by Toronto-born W.

Garfield Weston.

While Pathak has stayed on as the brand's ambassador, she also continued on her own food journey, refining her palate through French cooking school, working for Jamie Oliver and writing her first cookbook, which she co-authored with her mom.

Her second cookbook, available now, is *The Indian Family Kitchen: Classic Dishes for a New Generation*, a collection of 120 Indian and Indian-inspired recipes.

"It's more of a modern way to eat Indian food and Indian spices," Pathak told me at her publisher's office during a whirlwind trip to Toronto (she is currently based in Mumbai where she is building up her food studio Flavour Diaries). "Indian food can be perceived as a bit heavy, like you need an endless ingredient list and everything takes so long, but actually it doesn't."

She challenges these culinary stereotypes with simple takes on classic Indian dishes like dal and chicken masala; western favourites kicked up a notch, like her

blazing burger and smokin' ribs recipes; as well as desserts like coconut and ginger cheesecake and an assortment of cocktails.

There's also an entire section on spices. Ever used asafetida/hing before? I hadn't, but I was psyched to discover this oodball spice. Sold in what looks like a bottle for painkillers, its smell is a curious mix of delicious and dank, but when added to cooking mellows out for a savoury taste.

"I love green cardamom, and I love smoked paprika — I'm obsessed with it," says Pathak of her current favourites, while noting that all spice will bring something different to your food — and the taste will change every time it's used.

"Throughout the book I do talk about how quality of spice is important, so that's why it'll taste slightly different every time you cook it. If you use it that day, the week after, a month after — it's going to change," she says.

"They're potent little flavour bombs, so even if it doesn't taste offensive, it's not going to be the same as you made last time."



Metro's Emina Gamulin was most successful with this tiger shrimp recipe: "It tastes amazing, even reheated at the office, and presents beautifully," she says. ALL PHOTOS CONTRIBUTED

EXCERPT

Tiger Shrimp with Lime, Ginger & Mustard Seeds

Serves 4

Prep time 10 minutes
Cook time 10 minutes

Ingredients:

- 2 Tbsp vegetable oil
- 1 cinnamon stick
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 1/2 tsp black peppercorns,
- crushed with a pestle and mortar
- 20 fresh curry leaves
- 2 scallions, finely sliced
- 1 fresh red chile, finely sliced
- 1 Tbsp peeled and julienned fresh ginger
- 20 raw jumbo shrimp, shells removed but tails left on, deveined
- good pinch of sea salt

- good drizzle of honey
- 2 Tbsp roughly chopped cilantro
- juice of 1/2 lime, to taste

Directions:

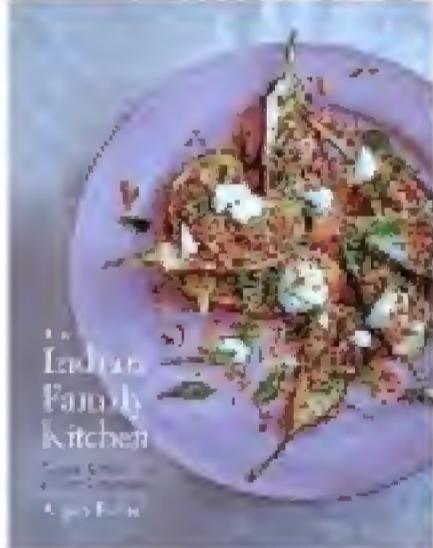
1. Gently heat the oil in a large skillet and add the cinnamon stick, mustard seeds, turmeric, peppercorns and curry leaves (if using). Once they start to

sizzle, stir through the scallops, chile and ginger and allow to soften for around a minute.

2. Stir in the shrimp and watch how they turn to a golden pink color. Flip them over and sprinkle over a good pinch of salt. Once they are cooked through — and it won't take long, only a few minutes on

each side — drizzle over the honey and sprinkle in half the cilantro and the lime juice. Mix well and serve sprinkled with the remaining cilantro.

EXCERPTED FROM THE INDIAN FAMILY KITCHEN BY ANJALI PATHAK. APPETITE BY RANDOM HOUSE EDITION PUBLISHED 2016. PUBLISHED IN CANADA BY APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD., A PENGUIN RANDOM HOUSE COMPANY. ALL RIGHTS RESERVED.



SAINT PATRICK'S DAY Celebration
MARCH 17, 2016 5:00PM - LATE
CALGARY IRISH CULTURAL CENTRE (6452 - 35 AVE NW, BOWNESS)
**\$10 (\$5 MEMBERS)
CHILDREN FREE • CASH ONLY**
FURTHER DETAILS EMAIL: CALGARYICS@GMAIL.COM OR WWW.CALGARYICS.ORG

MCKS PRANIC HEALING EXPO

Saturday, March 19 11:00AM – 4:00PM

Pranic Healing™ is a simple yet powerful & effective system of no-touch energy healing used to Balance, Harmonize and Transform the body's energy and by doing so accelerates The Natural Healing Process.

NORTHLAND PROFESSIONAL CENTRE

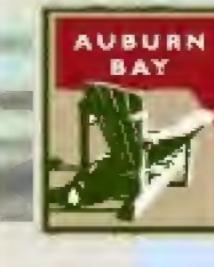
#402, 4600 CROWCHILD TRAIL NW

for more info 403.993.5266
CPHA.ALBERTA@GMAIL.COM



Limited Lots Available
Introductory Pricing

from the low
\$400's



587.318.4055
Auburn.BayDuplex@
MorrisonHomes.ca

MORRISON
HOMES

METRO'S KETCHUP TASTE TEST

**Irene Kuan**

A ketchup connoisseur, Metro's digital editor is always on the hunt for the newest food trends. She loves her condiments.

**Rosemary Westwood**

Metro's in-house columnist is known for her strong opinions, and that includes what foods she will and will not eat.

**Andres Plana**

The "I will pretty much eat anything" type, Metro's graphic designer is all about the free food samples we get dropped off at the office.

**HEINZ**

375 mL, \$3.50

**FRENCH'S**

1 L, \$4.19

**NO NAME**

1 L, \$2.69

**STONEWALL KITCHEN**

488 mL, \$9.99

C

"Overly sweet and sugary" with "not much of a tomato taste."

B

"It's sweet but vinegary. Very normal tasting."

B

"It tasted great, and I liked the texture."

C

"This is much tangier. Where's the sweet? What's with all the vinegar? I would not lick this off my fingers."

D

"It's not as great as the first one. I don't like the aftertaste. It shouldn't have an aftertaste."

C

"Not good at all. It's watery and tastes cheap."

D

"Meh... passable. Eat it as fast as you can"

D

You're better off putting dirt on your hot dog"

A = It better be in your fridge at all times!

B = It's OK. Expect it on your average street meat

C = Meh... passable. Eat it as fast as you can

D = You're better off putting dirt on your hot dog

YOU COULD WIN
A VIP TRIP TO

JUNO
AWARDS

INCLUDING ROUND TRIP AIRFARE, HOTEL ACCOMMODATIONS,
TICKETS TO THE 2016 JUNO AWARDS AND MORE!

TO ENTER, GO TO: METRONEWS.CA/CONTESTS

NO PURCHASE NECESSARY. CONTEST OPEN TO RESIDENTS OF CANADA (EXCLUDING QUEBEC) WHO HAVE REACHED THE AGE OF MAJORITY IN THE PROVINCE IN WHICH THEY LIVE. ODDS OF WINNING DEPEND ON THE NUMBER OF ELIGIBLE ENTRIES RECEIVED. SKILL TESTING QUESTION REQUIRED. THERE IS ONE PRIZE TO BE AWARDED WITH A VALUE OF \$65300 CAD. CONTEST OPENS AT 6:00 AM ET ON MARCH 7, 2016 AND CLOSES AT 9:00 AM ET ON MARCH 12, 2016.

metro

FACTOR
Canada

RADIO
STREAMER
FUND

Alberta
Government

Calgary

calgary

TD

#JUNOS
JUNOAWARDS.CA

Loblaws' move to take French's off shelves — then put it back — caused a ketchup revolution. Made from Canuck tomatoes, French's is getting lots of love, while Heinz, with its foreign fruit, is getting hate. Metro's foodies could tell the difference in a blind taste test, but neither ketchup won. METRO CANADA

**FRENCH'S**

1 L, \$4.19

**NO NAME**

1 L, \$2.69

**STONEWALL KITCHEN**

488 mL, \$9.99

C

"The tomato flavour is very pronounced and I can definitely taste the vinegar. It's not too sweet."

B

"This ketchup was very runny, as though it was watered-down. It had an artificial aftertaste."

D

"I like the viscosity of the ketchup. You can definitely taste the onions, red chili peppers and strong tomato taste."

A**B**

"This is much tangier. Where's the sweet? What's with all the vinegar? I would not lick this off my fingers."

D

"It's super salty."

C**C**

"It's not as great as the first one. I don't like the aftertaste. It shouldn't have an aftertaste."

C

"Not good at all. It's watery and tastes cheap."

D**D**

"Different, but hard to say. Thicker, and perhaps some heat? It tastes fresh and actual tomatoes. My fave!"

A**A**

"Different, but definitely the best. It has a great flavour with extra seasoning."

A

We are with you
every step of the way.

Choosing the right career and the right college are important decisions to make on your journey to success.

At Robertson College, you will receive guidance and assistance every step of the way.

587.331.8233 | robertsoncollege.com

ROBERTSON
COLLEGE

students
first.



Northeastern Pork Rib Soup with Toasted Rice. CONTRIBUTED

Pad out Thai repertoire with authentic recipes

NEW COOKBOOK

A soup to warm you up for more from Hot Thai Kitchen

Yes, there is a pad Thai recipe in Pailin Chongchitnant's cookbook, *Hot Thai Kitchen*, but you can google a hundred similar recipes. More interesting are lesser-known dishes like tamarind shrimp, five-spice vegetable stew, nam jim (a sweet and spicy seafood-based dipping sauce that is tasty on everything) and, for dessert, coconut pudding cups.

Her Northeastern Pork Rib Soup with Toasted Rice recipe makes an outstanding meal. The pork falls off the bone; the broth has a zesty bite; and the aroma is fruity and herbaceous.

While the recipe is easy (it's basically throw stuff into a pot and simmer), follow the cooking times carefully before adding the next ingredient.

TORSTAR NEWS SERVICE

Northeastern Pork Rib Soup with Toasted Rice

Makes 2 to 4 servings.

Ingredients:

- 1 Tbsp (15 mL) jasmine rice
- 3 shallots, skins removed and sliced in half lengthwise
- 5 to 10 whole small dried chilies
- 1 lb (16 oz) pork spare rib tips, cut into 1 1/2-inch pieces
- 4 cups (1 L) cold water
- 1/2 tsp (2 mL) salt
- 6 cilantro stems
- 6 fresh kaffir lime leaves, roughly torn
- 2 stalks lemongrass, bottom half only, smashed and cut into 2-inch pieces
- 8 thin slices galangal
- 2 Tbsp (30 mL) fish sauce
- 2 cups (110g) oyster mushrooms, cut into bite-sized pieces
- 3 Tbsp (45 mL) lime juice
- 1/3 cup (80 mL) chopped cilantro

Directions:

1. In a small skillet over low-

medium heat, toss rice until golden brown, about 3 to 5 minutes. Remove from heat. Grind toasted rice into a coarse powder using a mortar and pestle or a spice grinder. Set aside.

2. Wipe skillet clean and place over medium heat. Place shallots cut side down on pan, stirring occasionally to prevent sticking. Cook until slightly charred, about 4 to 5 minutes. Remove from heat and set aside. Turn heat down to medium-low. Toast dried chilies in pan until fragrant, about 1 to 2 minutes. Remove from heat and set aside.

3. Rinse spareribs under cold water and drain. Transfer to medium-sized pot. Add 4 cups cold water and salt. Bring to a slow simmer. Continue simmering for 15 minutes. Skim fat from surface and discard.

4. Add cilantro stems, charred shallots and toasted chilies. Continue cooking on a gentle

simmering for 30 minutes or until pork is fork tender.

5. Remove cilantro stems. Add lime leaves, lemongrass, galangal and fish sauce. Simmer for 5 minutes.

6. Add mushrooms and simmer for another 1 to 2 minutes until tender. Remove soup from heat. Add lime juice and chopped cilantro. Taste. Adjust seasoning as needed.

7. Garnish with toasted rice just before serving. Serve with steamed jasmine rice.

Kitchen tips:
Galanga-what? Galangal looks similar to regular ginger but has a smoother skin and much harder texture. It can be found in Asian grocers and at No Frills located in large Asian communities.

Where do I find lime leaves? You can find them wrapped in Styrofoam trays, in the produce section of Asian grocers. Store them in the freezer.

WE KNOW A HOT PHONE YOU SHOULD MEET.

MEMBERS GET A SUPER-FAST NETWORK, HEARTFELT SERVICE AND EXCLUSIVE DEALS FROM OUR AWESOME PARTNERS:



TOPSHOP
TOPMAN

G Adventures

R kobo

+ MORE

virginmobile.ca

Order online at virginmobile.ca, call 1.855.BE.VIP.VIP or stop by to say hi.

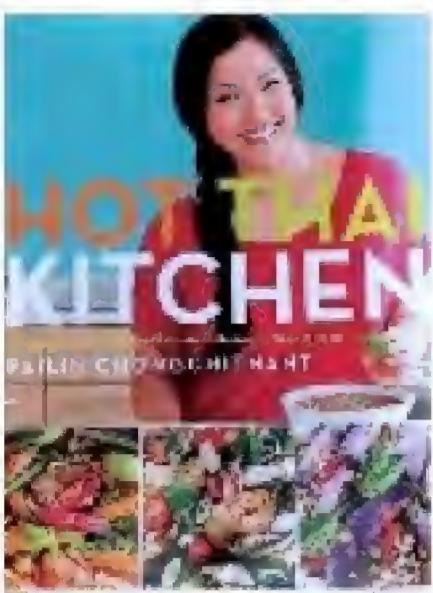


THE SOURCE

WIRELESSWORLD

Tbooth wireless

WIRELESS etc...



HOT THAI KITCHEN STREET-STYLE FRIED BANANAS (GLUAY KAG)

Gluay = Banana; Kag = People of South Asian descent; legend has it that the idea of frying bananas comes from this street snack. Most gluay kag vendors also sell fried sweet potato and taro using the same batter, so you can certainly add those to your mix. TORSTAR NEWS SERVICE

Street-Style Fried Bananas (Gluay Kag)

Makes 24 pieces.

Ingredients:

- 1 1/2 Tbsp white sesame seeds
- 3/4 cup rice flour
- 1/4 cup granulated sugar
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/3 cup shredded coconut, unsweetened, fresh, frozen, or dried (see note)
- 1/3 cup water
- 6 Namwa bananas or 2 sweet plantains (see note)
- Oil for frying, as needed

Note: If using dried shredded coconut, let it rehydrate in 2 Tbsp of hot water for 10-15 minutes before using.

Namwa bananas are traditionally used because they hold their shape well when cooked — choose ones with just a tiny trace of green left



Street-Style Fried Bananas are perfect as an afternoon snack or even for breakfast. CONTRIBUTED

on the skin. Sweet plantains, available at Latin American/ Caribbean grocers, also work well — choose ones whose skins have turned at least 60 per cent black so they will be sweet. Regular bananas aren't an option as they turn mushy when fried for a long time.

Directions:

1. Do-ahead tips: Mix the dry ingredients for the batter in advance and add the wet ingredients when ready to fry. Peel and cut the bananas several hours in advance and keep them tightly wrapped in the fridge.

2. Toast the sesame seeds in a dry sauté pan over medium heat, stirring constantly until golden brown, about 5 minutes. Let cool on a plate.
3. In a medium-sized mixing bowl, whisk together the toasted sesame seeds, rice flour, sugar, salt and baking

powder until well combined. Add the shredded coconut and mix well. Add the water and stir until combined — the batter should be thinner than pancake batter but slightly thicker than crepe batter.

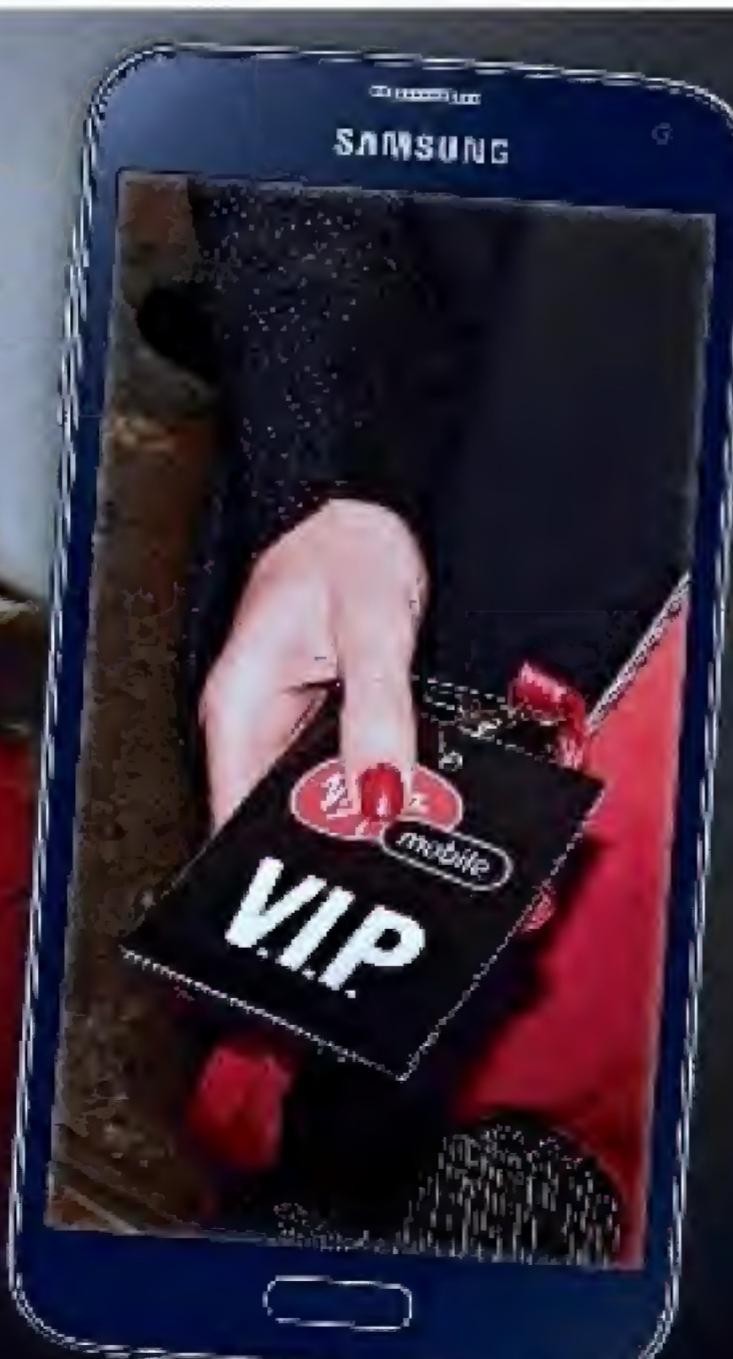
4. Peel and cut the bananas lengthwise into 1/4-inch-thick pieces. If using plantains, peel and cut them into 3 sections, then slice each section horizontally into 1/4-inch-thick pieces.

5. Add about 1 1/2 inches of oil to a pot and heat to about 325°F. Dip the bananas into the batter and fry for about 5 minutes, until they are a deep pretzel-brown colour. Maintain the frying temperature below 350°F. When done, drain on paper towels or a rack.

6. Let cool just until the coating becomes crisp, then serve immediately.

Note: Based on your first batch, you can decide if you want a thicker or thinner coating by adding more flour or water. If you have leftover batter, drizzle it into the oil and fry it up into crispy, munchy bits. Many vendors add this extra fried batter into their customers' bags!

\$4.99 SIM CARD NOT INCLUDED.



SAMSUNG
Galaxy S5 neo

\$0

ON SELECT 2-YEAR PLANS
+ GET A BONUS GIFT

Virgin mobile


ROSE REISMAN THE SAVVY EATER
THIS WEEK: Pub food

A pint at a pub is a favourite choice when hanging out with friends, but pub fare is far from a waistline-friendly choice!

PICK THIS

The Pheasant and Firkin's Shepherd's Pie (ground beef, peas & carrots topped with mashed potatoes)

Calories 736
Fat 34 g
Sodium 1315 mg

**SKIP THIS**

The Pheasant and Firkin's Fish and Chips (Beer battered haddock with apple coleslaw, chips & tartar sauce)

Calories 1581
Fat 105 g
Sodium 2238 mg

**HERE'S WHY****Equivalent to three McDonald's Big Macs in calories**

With St. Paddy's Day just around the corner, many of us will find ourselves enjoying a meal and beverage at a pub. Classic pub food is far from healthy, but especially beware of the standard fish and chips – this dish contains an ocean's worth of calories, fat and sodium. While Shepherd's Pie is still a heavy dish, it offers up some veggies, cuts your calories by over half and has about a third of the fat.

RECIPE

Brown rice and tofu you want to eat

Brown rice with chicken or tofu and vegetables is a nutrient-dense dinner, but you probably fell asleep just reading that dish description. There's nothing more boring and bland than brown rice and tofu. You can stock your fridge with the healthiest foods in the world, but if it all tastes like sawdust and bran, you're not going to stick to that diet in the long run. That's why seasoning goes a long way to make you look forward to the next meal.

Directions

- In a small bowl, whisk together miso paste, maple syrup and soy sauce. Set aside.

- In a small covered saucepan over medium heat bring water, rice, salt and garlic to a gentle boil. Reduce heat to low and simmer for 20 to 25 minutes, or until most of liquid is evaporated and rice is tender. Remove from heat and fluff rice with fork. Set aside.

Tofu Rice Bowl with Miso-Maple Dressing

- 1 tsp (5 mL) white miso paste
- 1 tsp (5 mL) maple syrup
- 1 tsp (5 mL) soy sauce
- 1 cup (250 mL) water
- ½ cup (125 mL) brown rice
- ¼ tsp (1 mL) table salt
- ½ tsp (2 mL) finely minced garlic
- 1 tbsp (15 mL) canola oil
- 230g (8 oz) firm or extra firm tofu, cut into bite-sized cubes
- Salt and pepper, to taste
- 1 cup (250 mL) frozen edamame, defrosted
- 2 cups (500 mL) spinach
- 1 tbsp (15 mL) water
- 1 tbsp (15 mL) blanched, sliced almonds

- While rice is cooking, heat oil in medium-sized skillet over medium-high heat. Sear tofu until slightly browned, about 8 minutes, tossing often to prevent sticking. Transfer to serving bowl.

- In the same pan over medium heat, toss edamame and spinach with water until spinach has wilted and edamame is warm, 2 to 3 minutes.

- Transfer rice, edamame and spinach to serving bowl with tofu. Drizzle with whisked sauce. Garnish with almonds. Serve immediately.

TORSTAR NEWS SERVICE

LIQUID ASSETS**Whiskey for Paddy's Day**

For a country not much larger than the province of New Brunswick, Ireland has added more than its fair share of classic booze names to the liquor lexicon.

Think beers like Guinness, Kilkenny, Smithwick's, Harp and Murphy's, whiskies like Jameson and Bushmills and, of course, Bailey's Irish Cream Liqueur. Those big brands are just the tip of the Irish-berg. There are hundreds more brewed and distilled on the Emerald Isle, and since tomorrow is St. Patrick's Day there's no better time to forget about green beer and celebrate with something less cliché. Redbreast 12 Year

Old Whiskey (\$74.95) has been giving mainstream Irish spirits a run for their money with its creamy, lightly spicy flavour. As a single pot still whiskey it's made from a mash of malted and unmalted barley, which is triple distilled in traditional copper pot stills. Try on the rocks, or with just a splash of spring water.

PETER ROCKWELL/METRO

STYLISH SINGLE AND DOUBLE GARAGE HOMES, CRAFTED BY MORRISON

NEW DUPLEX HOMES



Register Your Interest Today • Call 587.318.4055
or Email Auburn.BayDuplex@MorrisonHomes.ca

Limited Lots Available
Introductory Pricing

From the low \$400's

MORRISON
HOMES

Browse floorplans and models at MorrisonHomes.ca



METRO CALGARY
COMMUNITY
CHOICE

NOMINATE YOUR FAVOURITE BUSINESS TODAY!
2016 COMMUNITY CHOICE NOMINATIONS ARE HERE!
GO ONLINE TO CALGARY.METROCOMMUNITYCHOICE.COM AND LET US KNOW WHO IS THE BEST IN YOUR COMMUNITY.

FEBRUARY 1 - APRIL 4

metro

PBS reconsiders doc with Dr. Luke

CONTROVERSY

Miniseries has interview with Kesha's alleged rapist

The maker of an upcoming PBS miniseries about groundbreaking pop music says the show is reconsidering scenes with Dr. Luke, the hitmaking producer who the pop star Kesha has accused of rape.

The documentary Soundbreaking airs this fall and is being screened this week at the South by Southwest music festival in Austin. The eight-part series was the last project of George Martin, the iconic producer who discovered the Beatles and died this month.

The premiere episode includes an interview with Dr. Luke, who was born Lukasz Gottwald. He is not charged with any crime and has denied Kesha's claims of rape, saying she is smearing him to get out of her contract.

Soundbreaking producer Jeff Dupre said following Monday night's premiere that Dr. Luke's involvement in the series is now being revisited but did not indicate that a decision has been made.

"It's a controversy and I don't know what the truth is. But it's something that we've thought about and discussed just over the last couple weeks," Dupre said.

The version shown at SXSW had been done for months, Dupre said.

The series includes interviews with Martin and a raft of music heavyweights, including Tom Petty and Paul McCartney, and traces the modernization of pop music through recording advances and visionary producers.

Dupre said Dr. Luke was interviewed for the series about a year and a half ago.

"We're actually just talking about it now," Dupre said of Dr. Luke's appearance in the series. "I have no idea what his situation is or what actually happened. He's a major, major, major producer."



Dr. Luke has produced some of the biggest pop hits over the past decade and has worked with stars including Katy Perry, Kelly Clarkson, and Miley Cyrus, with whom he's seen here in 2014. LARRY BUSACCA/GETTY IMAGES

Representatives for Dr. Luke and PBS didn't immediately respond to emails seeking comment.

Dr. Luke has produced some of the biggest pop hits over the past decade and has worked with stars including Katy Perry, Miley Cyrus, Kelly Clarkson and Nicki Minaj.

Fans of Kesha have called on Sony to cut ties with Dr. Luke and delivered a petition with more than 411,000 signatures to Sony's Manhattan headquarters last week. A judge last month denied the "Tik Tok" singer's initial request to be released from her contract, but Kesha has drawn support from celebrities including Taylor Swift, Adele and Lady Gaga.

Dr. Luke says Kesha fabricat-

ed her story about being drugged and raped a decade ago to get out of her recording contract. His lawyers point to a 2011 legal deposition in which Kesha said under oath that Dr. Luke "never made sexual advances" toward her.

When asked whether he'd given her the date-rape drug known as a "rookie," she said, "No."

Kesha's lawyers said the singer, born Kesha Rose Sebert, had been too afraid of the producer to speak up at the time.

Dr. Luke has produced a number of hits for Kesha, including "Tik Tok," "Your Love Is My Drug" and "We R Who We R." She is signed to his label, Kemosabe Records.

THE ASSOCIATED PRESS

FILM BRIEFS

Hot Docs adds to lineup

Films featuring activist Bobby Sands, musicians David Byrne, Nelly Furtado, Shad and Grandmaster Flash, and comedians Mel Brooks and Sarah Silverman are heading to Hot

Docs. Organizers said 14 doc features have been added to the lineup, including *Under the Gun*, in which Stephanie Soechtig and Katie Couric investigate U.S. gun culture. Also added is *Bobby Sands:*

66 Days, based on the diary of the IRA fighter who died during a hunger strike in 1981. The Hot Docs Canadian International Documentary Festival runs April 28 to May 8 in Toronto. THE CANADIAN PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Arnett's cri de coeur for idea of manhood

THE SHOW: *Flaked*, Season 1, Episode 7 (Netflix)

THE MOMENT: The unmanning

Lackadaisical furniture maker Chip (Will Arnett, series co-creator) is losing his studio in Venice, Calif., to his ex-wife Tilly (Heather Graham), a successful actress, and her new lover, a developer. Alicia (Annabeth Gish) escorts him into the developer's office. Her office.

"So you and Tilly are lovers?" Chip sputters.

Alicia rolls her eyes. "I don't get it," she says. "Tilly sticks up for you all the time. She just refuses to see you for the leech and parasite that you are."

Chip rises. Alicia offers to walk him out. "Don't bother, sweetheart," he says. "You know what I don't get? Why you people won't take me seriously."

At first, this series seems pretty shaggy. Chip and Dennis (David Sullivan) go to AA meetings, bike around Venice, chase after the same waitress. But slowly, Arnett's intentions



Will Arnett and his man pals have been left behind by the women in *Flaked*. CONTRIBUTED

become clear.

The first clue is the shorts. All the guys wear them; you can count the appearance of long pants on one hand. There's Tilly's house, a sleek fortress staffed by beautiful women who baffle Chip because they won't flirt with him. There's Dennis's mom (Kirstie Alley), who alarms him because she's still sexual in her 60s.

But when Chip calls Alicia "sweetheart," it adds up: Arnett is driving a final nail into the cof-

fin of male significance. Chip — even his name is slight — and his man-child pals are irrelevant; the women in their lives have passed them by.

Chip doesn't understand why "you people" don't "take him seriously." Arnett hears a cri de coeur for manhood.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

SW RENTALS



**CALL NOW
AND ASK ABOUT OUR
RENTAL INCENTIVES**
- AVAILABLE FOR A
LIMITED TIME ONLY!

*Available
Immediately!*

**1, 2 & 3 BEDROOM UNITS
COACH HILL, SW**

For more information about
our rental incentive and to
book a convenient
appointment to view.

The location of Coachman House affords ready access to downtown Calgary and to Banff and is within close proximity to public and private schools, the Westbrook Mall, the Shaganappi Golf Course and the new Coach Hill Patterson Heights Community Centre.

Features: Wood-burning fireplace, Wall-to-wall carpet and window coverings, In-suit and outdoor storage, Patio or balcony, Intercom security system, Social room, In-building coin operated laundry facilities, Energized surface parking, On-site management & maintenance staff.

**CALL US TODAY
403.249.4440**

**OR EMAIL US AT
coachmanhouse@scpl.com**

www.SCPL.com

**S SHELTER
CANADIAN**



Kicking it up more than a notch



THE CHECKLIST | 2016 CHRYSLER 200

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engines (hp/torque). 2.4-litre I4 (184/173); 3.6-litre V6 (295/262)

Transmissions.

Nine-speed automatic
Price. \$25,395 (base), \$40,265 (as-tested), plus destination



CHRYSLER 200 PHOTOS JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

THE COMPETITION



Ford Fusion
Base price: \$23,249



Nissan Altima
Base price: \$23,998

REVIEW

Latest Chrysler 200 way better than the last

Jil McIntosh
For Metro Canada

automatic transmission, which would constantly shift up and down, trying to find the right gear.

It also never seemed to work its way up to that ultimate-fuel-saving ninth gear.

This time around, my car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.

And on a four-hour highway trip, the instrument cluster indicated that the transmission frequently found its way to ninth gear and stayed there.

Overall, against the car's published combined fuel economy of 10.7 L/100 km, I averaged 8.4 L/100.

Its seats were very comfortable on that long drive, giving my back the support it needed.

I'd prefer buttons for the heated seat controls, though, since it's a pain to have to tap through touchscreens whenever you want to make an adjustment.

And while the rear seats are also comfy, the car's sharply-sloping rear roofline can make it tough for taller passengers to get in and out.

The 200's biggest issue is that it's up against some heavy hitters in its segment, many of which are just a bit better. Still, it has its charms, and if you're in the market, have a look.

LOWER YOUR CURRENT MONTHLY VEHICLE PAYMENTS!
 plus get up to \$10,000 CASH BACK!



HOUSE OF CARS INC. © 2016
ALL RIGHTS RESERVED

CALL US TODAY!
587-352-7307

Easy 30 Second Online Application

WWW.HOUSEOFCARSCALGARY.COM



HOUSE OF CARS

SALES / SERVICE / FINANCE

PRICES ARE BASED ON A VEHICLE ONLY WARRANTY, FINANCING FEES, AND NO EXTRA D&D. ALL BIMONTHLY PAYMENTS ARE DUE AT A 9.7% INTEREST OVER EIGHTEEN MONTHS DEFERRING ONE YEAR OF VEHICLE TOTAL COST OF CREDIT BASED ON AN INTEREST RATE OF 1.80% OVER EIGHTEEN MONTHS WILL BE APPROXIMATELY \$8,358.00. IF CUSTOMER PAYS THE MINIMUM PAYMENT FOR THE FULL TERM EACH BIMONTHLY CREDIT WILL RESULT IN DIFFERENT COST OF CREDIT AMOUNTS.

Giulietta gets a makeover



The new Alfa Romeo Giulietta comes in hatchback and sporty models with a choice of one of four turbo gasoline engines or one of four diesel engines. HANDOUT

ALFA ROMEO Sports car comes with dark chrome finish

The Alfa Romeo Giulietta has been given a facelift for 2016 and is heading to dealerships this spring. The hatchback is set to land in a variety of trim levels and with several engine options, priced from €21,690 (\$31,884) for the gas model and €24,690 (\$36,294) for the diesel.

On the inside, it gets leather and Alcantara sports seats, matched with a leather steering wheel.

In many ways, the changes made to this revamped Giulietta bring the hatchback closer to the Giulia sedan, both in terms of appearance and the car's position in Alfa Romeo's range.

Both models share several similarities in exterior design, such as the honeycomb grilles and the front bumper. New alloy wheels and oblique exhaust tips shape the Giulietta's new look, which also brings a slight redesign to the brand badge.

In its sporty version (Veloce), the new Giulietta comes with sports bumpers and a dark chrome finish on the wing mirror covers, door handles and

grille rims.

On the inside, it gets leather and Alcantara sports seats, matched with a leather steering wheel and a carbon-effect dashboard surround and door panels.

The 2016 Giulietta comes with a choice of four turbo gasoline engines (from 120 to 240hp) and four diesel engines (from 120 to 175ch). The new 120hp 1.6 JTDM diesel engine, the most cost-effective option, is announced with CO₂ emissions of 99g/km and mileage of 74.3 MPG (3.8 l/100 km). The updated Giulietta is a connected car thanks to its Uconnect onboard touch-screen infotainment system, built into the central dashboard. This features Bluetooth connectivity for hands-free smartphone use (calls, SMS, streaming, radio, etc.).

Plus, some versions of the hatchback feature the Alfa Performance application for controlling the main parameters of the car and measuring performance in real time.

The Giulietta comes in five trim levels: standard, Super, Lusso, Veloce and Business. Other customization options include 11 body colours and a selection of wheel rims. The 2016 Alfa Romeo Giulietta goes on sale spring 2016. AFP

IN BRIEF

Lamborghini to mark Miura milestone at Amelia Island

This year marks not only the 100th anniversary of Lamborghini's founder, Ferruccio, but also the 50th anniversary of the car that truly put his company on the map — the Miura. At the Amelia Island Concours d'Elegance taking place in Florida this weekend, Lamborghini will be unveiling a meticulously restored Miura to mark the occasion. Although the Miura debuted

in 1966 — and in doing so created the concept of the modern-day supercar — it wasn't until 1971, when the Miura SV (Super Veloce) debuted at the Geneva Motor Show, that the car reached its full potential.

And the car on show will be the very model that wowed the crowds in Switzerland some 45 years ago.

"This is a very important car," said Enrico Maffeo, Head

of PoloStorico Lamborghini, the company entrusted with the car's complete restoration.

Miura SV chassis #4846 is

finished in metallic green Verde Metallizzata. AFP





**THESE VEHICLES ARE
PRICE #1
RANKED
IN CALGARY & AREA**



Vehicle Model	Price Range	Condition	From Only
2014 RAM 1500 SLT CREWCAB 4X4	2-21	4WD CHOOSE	\$28,994
2015 DODGE CHARGER SXT AWD	1-11	STOWAWAY	\$32,994
2014 RAM 1500 SLT QUAD CAB 4X4	1-18	2WD CHOOSE	\$27,989
2014 RAM 1500 SPORT QUAD CAB 4X4	1-11	STOWAWAY	\$33,998
2015 JEEP GRAND CHEROKEE LAREDO 4WD	1-15	STOWAWAY	\$29,995
2012 GMC SIERRA 1500 CREW CAB 4X4	1-7	STOWAWAY	\$20,995
2014 JEEP GRAND CHEROKEE LIMITED	1-11	STOWAWAY	\$33,988
2015 FIAT 500 POP	1-6	STOWAWAY	\$10,888
2015 DODGE GRAND CARAVAN 30TH ANNIV.	1-67	STOWAWAY	\$27,888



RENFREWCHRYSLER.COM
1.888.861.7964
1920 PUMPHOUSE RD SW | HRS MON-THUR 8AM-8PM FRI & SAT 8AM-5:30PM

All prices are plus GST & Applicable fees. THE PICTURE MAY NOT BE A REFLECTION OF THE ACTUAL VEHICLE. Vehicle pricing valid at time of print, see dealer for more details.

Meet the 2017 Ford Raptor

The 2017 Ford Raptor is a wider, heavier, tougher and stronger version of the F-150 truck. It's intended for off-road use or for people who at least want to project a tough-truck image. It has an aluminum body, which saves an estimated 230 kilograms over the previous version.

JEFF MELNYCHUK WHEELBASE MEDIA

1 Options

The new truck arrives later this year in extended-cab (SuperCab) and four-door (SuperCrew) body styles.

2 Transmission

New 10-speed automatic transmission.

3 Engine

There's no official power rating of the twin-turbocharged 3.5-litre V-6, but it will have more than previous V-8.

4 Cool features

Five-mode Terrain Management System has a Baja setting for high-speed desert driving.

5 Wheels

BF Goodrich all-terrain tires mounted to 17-inch wheels. The Raptor supercrew wheels are 15 centimetres wider than a regular F-150, which improves stability.

SOURCE: FORD



There is no official hint from Nissan as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue). HANDOUT/WHEELBASE MEDIA

GREEN NEWS

Range-extended Nissan in the works, while fuel-economy progress is slow

Nissan is developing a range-extended electric car, a plug-in battery electric with a small internal combustion engine that takes over when the batteries are depleted.

The automaker will unveil a new range-extended model distinct from the pure electric Leaf sedan in 2017, says Australia's Motoring magazine.

The Leaf, now the best-selling electric car in history, will continue production as an

all-electric vehicle, said Yoshi Shimoida, Nissan deputy general manager for electric cars and hybrids.

There is no official hint as to what type of vehicle will get the extended-range electric powertrain, but it might be a small tall wagon (think Nissan Rogue).

Nissan previously planned to launch plug-in hybrid powertrains in larger vehicles, reserving battery electric power for smaller ones.

Meanwhile, in other green news, developed countries are not making enough progress in improving vehicle fuel economy, while the rest of the world is making virtually no progress at all, says a report by the Global Fuel Economy Initiative, a Europe-based coalition of transportation and environmental interests. Progress in developed countries is too slow to meet what it says are necessary targets. WHEELBASE MEDIA

MAZDA'S SHIFT INTO SPRING EVENT

NO CHARGE NAVIGATION^{*} ON ALL NEW MAZDAS



2016 MAZDA CX-3
CANADIAN UTILITY
VEHICLE OF
THE YEAR

AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA
www.ajac.ca

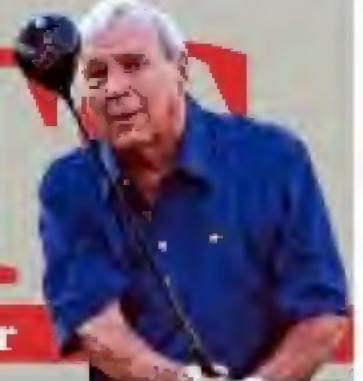


ZOOM-ZOOM

*No charge navigation offer valid on purchase, finance or lease of select new and unused 2015 and 2016 Mazda models. Program is valid only on vehicles that are sold, registered and delivered between March 1 - 31, 2016. Note: In the event the selected model is pre-equipped with navigation, or selected model is not equipped for navigation, customer may substitute a cash discount of \$425 (\$705 for 2015 CX-9). Cash discount substitute applied before taxes. Some conditions apply. See dealer for complete details. Note: Navigation offer not available on 2015/2016 Mazda5 models - cash discount/substitute of \$425 can be applied. PPSA, licence, insurance, taxes, down payment (or equivalent trade-in) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and Finance on approved credit for qualified customers only. Offers valid March 1 - 31, 2016, while supplies last. Prices and rates subject to change without notice. Visit mazda.ca or see your dealer for complete details.

metr SPORT

Arnold Palmer, 86, will not be hitting the ceremonial tee shot, his role since 2007, to start the Masters this year



NHL IN BRIEF

GMs content with effect of Rule 48 on head hits
NHL general managers say a rule designed to curtail hits to the head is working as intended.

The NHL implemented Rule 48, which penalized illegal checks to the head, nearly five years ago. It was added to curtail a then-rising tide of dangerous hits, particularly from the blind side, amid a sporting climate that has become increasingly sensitive to concussions. The league's general managers sought to address Tuesday whether the rule was working effectively or needed tweaks.

"The consensus for our group was we're comfortable with the way the rule is and not looking to make any changes," Tampa Bay Lightning general manager Steve Yzerman said.

THE CANADIAN PRESS

Nylander decision due

Maple Leafs GM Lou Lamoriello would neither confirm nor deny the team's plans for William Nylander. But it appears increasingly likely that they will exercise the first year of the 19-year-old's entry-level contract sometime soon. Nylander was expected to play his ninth NHL game on Tuesday night against Tampa. His entry-level contract would kick in once he plays 10 games, an important consideration in today's salary cap world.

Under that scenario, Nylander would be due his second NHL contract in the summer of 2018.

THE CANADIAN PRESS

CFL

Bruce will continue concussion fight

Arland Bruce's concussion lawsuit against the CFL is "far, far, far from over," the former receiver's lawyer said Tuesday.

Robyn Wishart said an appeal is in the works after B.C. Supreme Court Justice Christopher Hinkson dismissed the suit against the league, former commissioner Mark Cohon, neuroscientist Dr. Charles Tator, the Canadian Football League Alumni Association and every team in the league.

Bruce claimed the defendants downplayed the effects of repetitive head trauma and misrepresented player safety

No more net gains as goalies slim it down

NHL

League says more scoring chances not the objective

NHL goaltenders may look a lot smaller beginning next season.

Goalies across the league will be required to wear equipment better suited to their body size when the 2016-17 season begins or face suspension. A presentation of the new initiative, led by the NHL's Kay Whitmore, was delivered Tuesday at the annual GM meetings. Reductions will be made to the pants and upper body of the equipment, thus cutting down on unnecessary "fat" which didn't serve to protect goaltenders, only help some gain an unfair advantage.

"If it takes a little more skill to play the position so be it," Whitmore said. "Does this make scoring go up? I don't know. That's to be seen and that's not the reason why we did it. This was (done) because we felt there was inequities within the goalies themselves and the best goalies have come out and said that. And that's what's driving the bus here."

Some of the league's top goaltenders pushed for the change, including the Devils' Cory Schneider and Capitals' Braden Holtby. They, among others, would like the goaltend-



Typical attire seen here on Canada's top goalie Carey Price of the Canadiens is being phased out to make way for thinner equipment. JUSTIN K. ALLER/GETTY IMAGES

ing position to be more about skill and less about the puck simply caroming off enormous equipment.

"The best goalies in the league don't want big stuff," Whitmore said. "They actually want to put this to bed forever and say, 'We're great no matter what we wear.'"

Goalies will face a two-game suspension for non-compliance, a rule that's already in effect, but one that will be enforced more rigidly next season. Colin Campbell, the NHL's executive vice president and director of hockey operations, said there was too much grey area previously to enforce

If it takes a little more skill to play the position so be it.

NHL's Kay Whitmore

the rule effectively.

Informed of the changes, general managers wanted confirmation that offenders would indeed be punished to which Campbell replied, "When your goaltender gets suspended don't fight it."

"If you cheat, you pay the price," Montreal general manager Marc Bergevin said. "If we

all agree now, all 30 of us, and it happens in October, none of us should be crying about it."

It will be Whitmore's duty to enforce that reductions in equipment are maintained. Goal-tending equipment has mostly grown over the past two decades, from a point when goaltenders looked like thin rails between the pipes to now, where they almost resemble football linebackers.

The new equipment is expected to be made available to goaltenders this summer, giving them an opportunity to test it out before the start of the 2016-17 regular season. THE CANADIAN PRESS

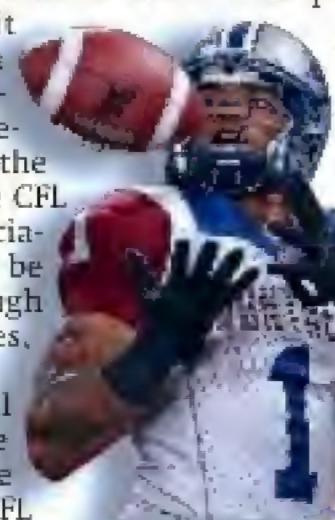
IN BRIEF

O-linemen extend stay

The Calgary Stampeders signed Canadian offensive linemen Shane Bergman and Spencer Wilson to contract extensions through the 2018 season.

"Shane and Spencer have both been important players for us over the past few seasons and I'm pleased that they have chosen to make a commitment to the club by signing contract extensions," general manager/president John Hufnagel said.

THE CANADIAN PRESS



issues about concussions.

In a written ruling Friday, Hinkson said the issues raised in the lawsuit

are part of a collective bargaining agreement between the league and the CFL Players' Association and must be resolved through their processes, not the courts.

"The appeal is going to be based on the fact that the CFL

Players' Association is not the exclusive bargaining agent for the players," Wishart said.

According to the suit, Bruce was knocked unconscious and suffered a concussion while playing for the Lions in September 2012. He reported foggy vision, headaches, sensitivity to light and sound, memory loss, confusion, dizziness, anxiety and per-

sonality changes, according to the lawsuit.

Court documents alleged he was permitted to return to play in November of that year and then again for the Alouettes in the 2013 season despite still suffering from the effects of concussion. The CFL should have intervened and prevented Bruce from returning to the field, the lawsuit claimed.

Bruce alleged that he has suffered permanent disability, and his head injury will continue to cause earnings loss along as well as the loss of enjoyment of life. THE CANADIAN PRESS

CURLING

Carey's dreams fulfilled

Chelsea Carey is about to live out her ultimate dream but understands it won't be easy.

Carey will skip Canada's rink at the women's curling world championship that begins this weekend in Swift Current, Sask. The daughter of former Brier champion Dan Carey says it's been a lifelong aspiration to don the Maple Leaf and represent her country in competition, but this tournament will be a challenge.

"It's been my dream since I was seven years old, I don't know how to phrase it any better than that," said Carey, who won her first Scotties Tournament of Hearts, and the right to represent Canada at the worlds, on Feb. 28. "My first dream was to represent my province and I didn't achieve that until I was 29.

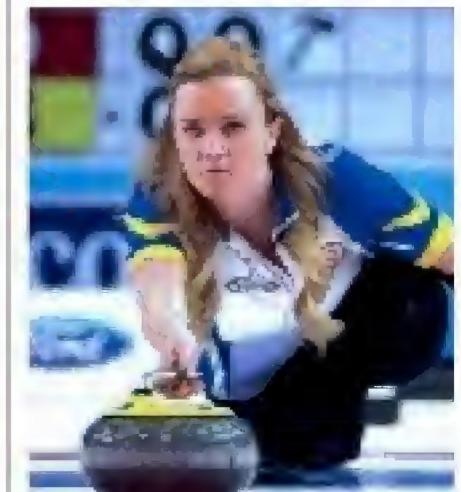
"To then turn around two years later and wear the Maple Leaf, which was always the ultimate dream, is beyond words."

Carey was born in Winnipeg and represented Manitoba in national competition until the 2014-15 season when she moved to Edmonton. In the spring of 2015 she moved south to Calgary, taking over as skip for two-time Canadian women's champion Heather Nedohin's rink. With Carey at the helm that team won the Alberta playdowns and went on to win national honours at the Tournament of Hearts.

That run of success is what has led Carey, third Amy Nixon, second Jocelyn Peterman, lead Laine Peters and alternate Susan O'Connor to Swift Current and a shot at a world championship. But Carey cautions fans the competition will be tough.

"The world has come on very strong and you can see that from the bit of a drought we have from gold medals," she said.

THE CANADIAN PRESS



Chelsea Carey THE CANADIAN PRESS

Lightning given a good shock by Leafs

NHL

Carrick, Smith bag first goals of season in unlikely rout

Ben Smith and Connor Carrick scored their first goals of the season as the Toronto Maple Leafs defeated the Tampa Bay Lightning 4-1 Tuesday.

With the win, the Leafs (24-34-11) have won back-to-back games and picked up points in four of their last five.

Zach Hyman and P.A. Parenteau added empty-net goals while Jonathan Bernier made 26 saves for his ninth win of the season. Brian Boyle had the lone goal for Tampa Bay (40-25-5). Andrei Vasilevskiy stopped 20 shots in the loss. The Bolts drop to 7-2-0 in their last nine road contests. Toronto snapped its three-game losing streak against Tampa Bay with the win. The



Tampa Bay's Michael Blunden, left, battles against Maple Leafs' Connor Carrick, centre, as Maple Leafs goalie Jonathan Bernier watches for the puck. THE CANADIAN PRESS/MARK BLINCH

two clubs meet for a fifth and final time on March 28.

With the Leafs leading 1-0, Peter Holland had two excellent opportunities 2:35 into the third period, but was unable to solve Vasilevskiy.

Boyle tied it 1-1 at 6:33 of

the third period beating Bernier low blocker side for his 11th of the season. The goal snapped Bernier's shutout streak at 108 minutes and 48 seconds. Smith restored Toronto's one-goal lead at 9:07 of the third period putting the rebound

TUESDAY in Toronto

4
LEAFS **1**
LIGHTNING

off of Michael Grabner's shot between the legs of Vasilevskiy. It was Smith's first goal since March 29, 2015, while with the San Jose Sharks.

Carrick opened the scoring one timing the rebound off of Holland's shot at 13:34 of the second period. It was Carrick's first goal since Oct. 3, 2013, while a member of the Washington Capitals. The Leafs continue their six-game home stand on Thursday when they host the Florida Panthers. Elsewhere, the struggling Montreal Canadiens were beaten 4-1 at home by the Florida Panthers and the Ottawa Senators prevailed 3-2 in overtime against the Minnesota Wild.

THE CANADIAN PRESS

IN BRIEF

Lowry pours in 25 as Raps easily break down Bucks

Kyle Lowry scored 25 points and the Toronto Raptors, despite resting leading scorer DeMar DeRozan, had no trouble with the Milwaukee Bucks in a 107-89 victory Tuesday night.

Giannis Antetokounmpo had 18 points, 12 rebounds and nine assists in 35 minutes for Milwaukee, just missing a triple-double.

DeRozan, who averages 23.8 points per game, was in uniform but didn't play after starting each of the team's first 65 games and playing 39 minutes in a loss to Chicago on Monday night.

Toronto took control by scoring the first eight points of the second half to open a 62-49 lead. The Raptors then scored seven consecutive points midway through the third quarter to make it 71-55 on Lowry's 3-pointer with 6:07 left.

Milwaukee never got within single digits of Toronto after that.

THE ASSOCIATED PRESS

UN suspend Sharapova's role as ambassador

A United Nations agency says it has stopped working with Maria Sharapova pending the tennis star's doping case.

Sharapova faces being banned by tennis authorities after testing positive for meldonium, a blood-flow enhancing medication.

The New York-based United Nations Development Program says "in light of Ms. Sharapova's recent announcement, we last week suspended her role as a Goodwill Ambassador and any planned activities while the investigation continues." THE ASSOCIATED PRESS



Maria Sharapova GETTY IMAGES

Service Directory

PSYCHICS

SRI BABA ASTROLOGER & PSYCHIC PANDIT:SAI RAM

Remove all Black Magic, Jadoo and Witch Craft

I CAN TELL PAST, PRESENT & FUTURE

100% Guaranteed to solve all your problems! Expert Palm and Face Readings, Horoscope, Numerology, Vastu Shastra

Children Problems Family Matters Husband and Wife Problems Jealousy Depression Evil Eye Power Black Magic Business Problems Enemy Problems

100% GUARANTEE, BRINGING LOVE BACK

403-619-6709

111, Taradale Drive, NE

All religions welcome! Languages: English, Hindi, Tamil, Telugu

DAILY WARM UP

A cup of coffee and a book are shown on a surface.

Calgary metro

To advertise contact 403.444.0136

FINANCIAL

credit700.ca

\$750 Loan and more

No credit check

Open 7 days from 8 to 8 (EST)

Call us or apply online

1-855-527-4368

www.credit700.ca

SPIRITUALIST

INDIAN SPIRITUALIST & GURUJI PANDIT YOGI

BELIEF IS GOD, BELIEF IS ASTROLOGY

IT'S MY CHALLENGE, NOBODY CAN BREAK MY WORK

SUGGESTIONS & SOLUTIONS

Business • Enemy • Health • Work • Sexual
Marriage • Money • Drinking • Job • Love • Visa
Divorce • Court case • Jealousy • Lucky Number
Depression • Children • Husband-Wife

100% PROTECTION

Meet him once and see the difference • Remove Black Magic • Jadoo • Voodoo
• Buttu • Witchcraft • Specialist in bringing loved ones back • 24 hr service

403.472.5362

FALCON RIDGE DRIVE NE

CHAMPIONS LEAGUE

Injury woes return for Man City captain

Manchester City captain Vincent Kompany's injury problems resurfaced on Tuesday when he limped off just five minutes into the team's Champions League match against Dynamo Kyiv.

City manager Manuel Pellegrini said Kompany had a recurrence of a calf muscle injury and said the defender could be out for the rest of the month. Kompany will have tests over the next two days to determine the severity of the injury.

It is the 14th time that

Kompany has sustained a calf injury since joining City in 2008. He has already had spells of a month and six weeks out of action this season because of calf problems.

City drew the game 0-0 and advanced 3-1, reaching the quarterfinals for the first time. In Tuesday's other game Atletico Madrid beat PSV Eindhoven 8-7 in a penalty shootout to reach the quarterfinals of the Champions League for the third straight season.

THE ASSOCIATED PRESS



Vincent Kompany gets treatment. OLI SCARFF/APP/GTGETTY IMAGES

RECIPE Cobb Salad

Ceri Marsh & Laura Keogh
For Metro Canada

An American classic, the cobb salad offers plenty of vitamins and minerals courtesy of the avocado, chicken and tomatoes.

Ready in
Prep time: 15 minutes
Total time: 25 minutes
Serves 4

Ingredients

- 6 bacon slices
- Head of lettuce (I love the crunch of romaine)
- 4 oz feta, crumbled
- 1 avocado, in 1-inch dice
- 2 tomatoes, in 1- to 2-inch dice
- 2 chicken breasts

For marinade:
• 2 Tbsp olive oil
• 3 cloves of garlic, minced
• 1 Tbsp fresh thyme
• 1/4 cup white wine vinegar
• 1 tsp salt
• 1/2 tsp pepper

For dressing:
• 1/3 cup white wine vinegar
• 1 Tbsp dijon mustard
• 2 tsp honey
• 1/2 cup olive oil
• Salt and pepper to taste

Directions

1. Whisk together ingredients for marinade. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.



PHOTO BY ERINNA WAYNE

2. Place dressing ingredients in a jar, shake to mix with lid on.

3. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into small-ish pieces.

4. Bake the breasts in the oven at 375 F for about 35 minutes or until the internal temperature reaches 165 F. Allow meat to rest for a few minutes and then slice across the breasts to make thin strips.

5. Wash, spin and chop the lettuce. Toss with dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter. Serve with dressing.

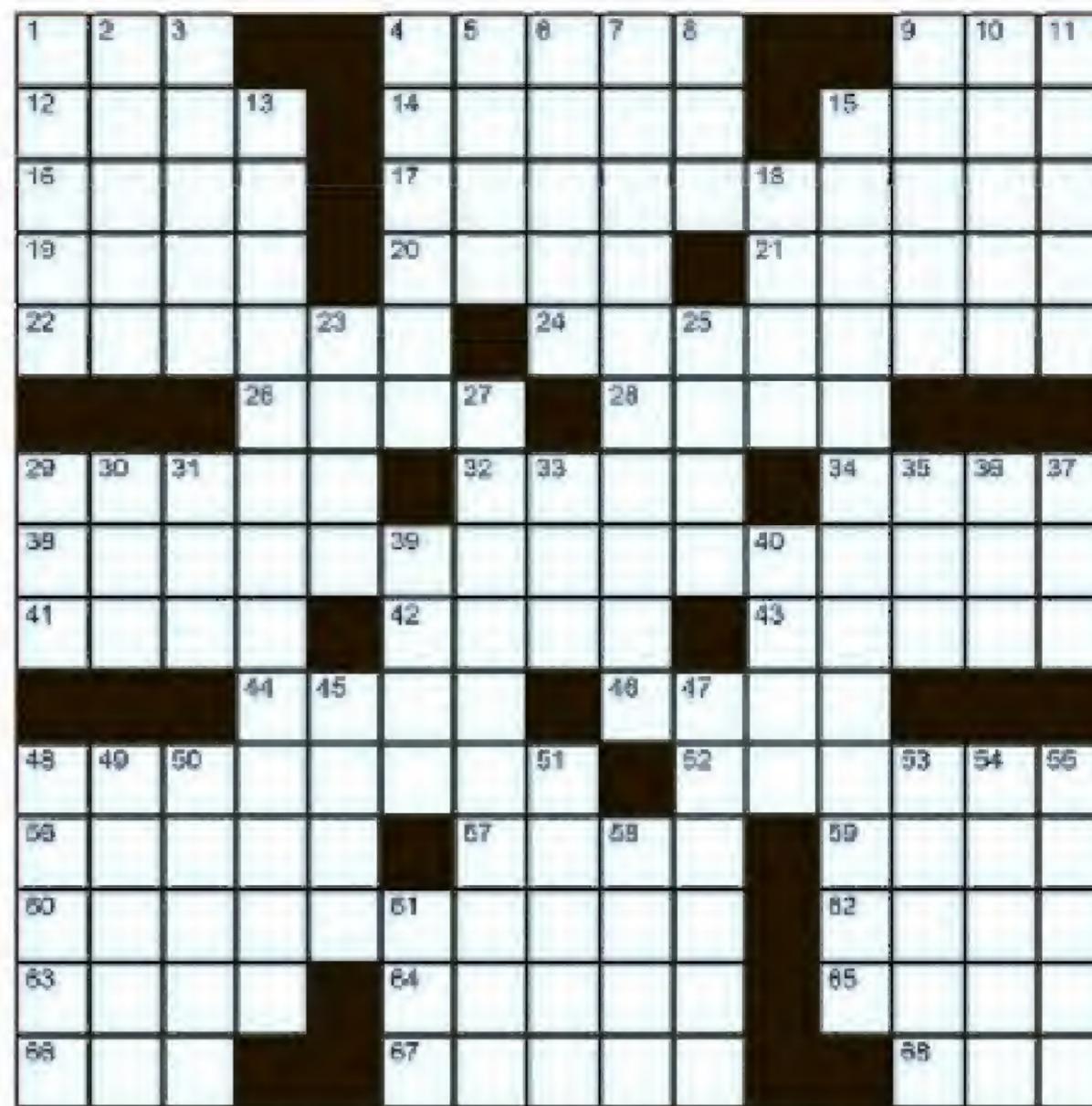
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Global currency org.
4. "For ___ Know" by The Carpenters
9. Drummer Mr. Starkey
12. Salad alternative
14. Coup ___ (Quick look)
15. Donned
16. Title of Rihanna's latest album
17. Bodybuilding title: 2 wds.
19. Big deals
20. ___ No Sunshine" by Bill Withers
21. Singer Mr. Neville
22. Agree
24. Bangle bauble
26. Flush
28. Rocker David Lee
29. Poetry
32. ___ iris (Rainbow, in Spain)
34. Biblical twin
38. Christopher Plummer's role in "The Sound of Music" (1965): 3 wds.
41. Baby ___ (Nestle chocolate bar)
42. Buzz Aldrin's famous employer
43. Stoppages
44. H.G. Wells frugivores
46. Chase, police car style
48. Makes certain
52. Sweater styles
56. ___ ('Dine in the Dark' restaurant in Toronto and Montreal)
62. ___ (Precisely)



57. Work ___ solution (Solve the problem)
59. "Full Metal Jacket" (1987) actor, ___ Ermey
60. Music style for Liverpool band Gerry and The Pacemakers
62. ___ (Precisely)
63. Rock venue pit
64. ___ lot (Enjoys the buffet)
65. Quite
66. Noah's boat
67. More humorously ironic
68. English novelist Mr. Lawrence, et al.

DOWN

1. Oscar ___ "Star Wars: The Force Awakens" judge, Alvin ___
2. World, in Rome
3. Loft furniture piece
4. From Sea to Sea: 'A Mari Usque ___' (Canada's motto)
5. Ms. Singer
6. "MasterChef Canada" judge, Alvin ___
7. Packed away garb in Spring: 2 wds.
8. High Priest in the Old Testament
9. Z'-marking swordsman
10. Torching crime

11. Carolyn ___ (Name behind 'Nancy Drew' stories)
13. Astrological sign/symbolism: 3 wds.
15. 'Freezing Rain' and 'Extreme Cold' from Environment Canada: 2 wds.
18. Extensive
23. Iris spot
25. Werewolf's light
27. Vancouver Island treat: 2 wds.
29. TV hookup, once
30. Montreal faucet liquid
31. ___ card (Grades-lister)
33. Lil camp-ground sights
35. Mr. Mineo
36. Pertinent
37. Increases
39. Q: "Excuse me, where's the surgeon?" A: "She's ___ right now."
40. "The ___ Red Line" (1998)
45. Read: French
47. Computerized human
48. Pausing punctuation
49. Just ___ two (Not as many as three)
50. 'Norwegian', in Norway
51. Fatty, as some meat
53. Sky's white cotton candy
54. Mike Hammer portrayer Stacy
55. Mr. Rogen's
58. Zap
61. Archery wood

*** IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20
You are beginning to realize that your fears were unfounded and by the weekend you'll wonder how you allowed yourself to get so worked up about nothing. Life is about attitude. Stay positive.

Taurus April 21 - May 21
If you doubt someone's honesty you must err on the side of caution. The planets warn that what others say and what others mean are likely to be two entirely different things today.

Gemini May 22 - June 21
Stick to familiar methods and routines and don't be tempted to try something new just because you want to look fashionable. Rivals will be delighted if you get it wrong.

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

Cancer June 22 - July 23
You know you're destined for bigger and better things but knowing isn't enough, you've got to actually make them happen. Opportunities for advancement are coming your way.

Leo July 24 - Aug. 23
Don't try to force people to do your bidding today because even if you succeed it will create resentment that comes back at you. Coercion is always a poor option, especially when you are so good at persuasion.

Virgo Aug. 24 - Sept. 23
Someone you work or do business with is determined to provoke a fight — and you are happy to let it happen. Sometimes it is best to get bad feelings out of your system.

Libra Sept. 24 - Oct. 23
You have a lot of things on your mind, so give yourself time to think before making your next big move. Also, take notice of what friends and family members tell you. They may have relevant information.

Scorpio Oct. 24 - Nov. 22
Make sure there's no way employers or other important people can criticize you for your work. There is a danger you might take your reputation for granted.

Sagittarius Nov. 23 - Dec. 21
It may seem you're being held back from following your dream but in a matter of days you'll be free to do as you please. All the delays and frustrations will soon be a thing of the past.

Capricorn Dec. 22 - Jan. 20
Think before you act, especially if there is money changing hands. You are eager to succeed but the planets warn you could easily be taken in by someone who knows how to play on your desires. Be careful.

Aquarius Jan. 21 - Feb. 19
Don't let anyone tell you that your goals are not legitimate. You're heading in the right direction, so ignore what others say and follow your dreams. You're close to success.

Pisces Feb. 20 - March 20
Start thinking of ways to boost your income. Some of your money-making ideas may be a bit far-fetched but it's better that you explore all possibilities than none at all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

							9	6	8	3
1	8		6						2	
2		7						5		
	9								4	
7								1		
6		9	2						3	
8	1						3		9	2
7	5							8	6	
2									1	

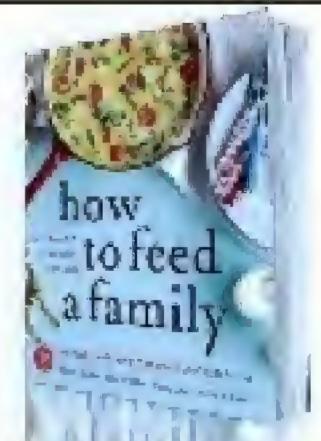
© 2016 Conceptis Puzzles Ltd. All rights reserved. Used with permission.



3	4	8	2	9	5	6	1	7
9	7	5	1	8	6	4	2	3
6	1	2	7	4	3	8	5	9
1	5	7	6	3	4	2	9	8
8	2	3	9	5	1	7	6	4
4	6	9	8	2	7	5	3	1
5	3	6	4	1	8	9	7	2
7	9	4	3	6	2	1	8	5
2	8	1	5	7	9	3	4	6

As Seen In Metro!
Shop **The Sweet Potato Chronicles** Cookbook

mymetrostore.ca
shop your city



BIG 4 CALGARY'S BEST

4X4 DEALS ARE ONLY AT

CALGARY'S ORIGINAL
Jeep
STORE
Since 1976

CALGARY'S BEST 4X4 DEAL!

2016 JEEP PATRIOT HIGH ALTITUDE 4X4

16J082 LOADED WITH AUTO • HEATED LEATHER SEATS • SUNROOF • ALLOY WHEELS
FOG LAMPS • BLUETOOTH AND MUCH, MUCH MORE!

WAS \$31,929! NOW ONLY

\$23,998

OR PAY \$136 BIWEEKLY



WE ARE SOUTHERN ALBERTA'S #1 JEEP DEALER!

GET 0% FOR 84 MONTHS ON CHEROKEES!

2016 JEEP CHEROKEE SPORT 4X4

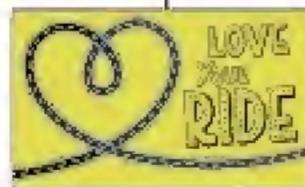
16J154 • HEATED SEATS/STEERING WHEEL • REMOTE START • BACKUP CAM •
AUTOMATIC AND MUCH MORE!



IN STOCK
NOW!

\$29,990

OR PAY \$169 BIWEEKLY



FINAL 2015 CLEARANCE SPECIAL!

2015 JEEP WRANGLER SAHARA

15J564 • NAV • AUTO • REMOTE START • LOADED!



REG.
\$45,699

\$39,998

OR PAY \$237 BIWEEKLY



CALGARY'S MOST-EXPERIENCED TEAM HAS THE ANSWERS!

7330 MACLEOD TRAIL S. NORTH OF HERITAGE DR.



(403) 451-6193 www.BIG4MOTORS.com



AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. BIWEEKLY PAYMENTS BASED ON 96 MONTH TERM @ 3.49% (PATRIOT), 2.99% (CHEROKEE/CARAVAN) WITH \$0 DOWNPAYMENT. COB=\$4,163.97 (16J082). ALL REBATES TO DEALER. VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.

